

## Egg and Avocado Toasts



Serve these low-cost egg toasts with a green salad tossed in a light balsamic vinaigrette. Recipe makes 4 servings. Cost = \$1.12 per serving

### Nutrition Facts

Serving Size: 1 Toast

Calories: 240

Dietary Fiber: 9 g

Fat: 12 g

Sodium 230 mg

Carbohydrate: 25 g

Protein 12 g

Cholesterol: 185 mg

Source: American Diabetes Association.  
For more Diabetes-friendly recipes, visit:  
<http://www.diabetes.org/mfa-recipes/>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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### Ingredients

- 4 eggs
- 4 pieces hearty whole grain bread
- 1 avocado, mashed
- ½ teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- ¼ cup nonfat plain Greek yogurt

### Directions

1. To poach each egg, fill a 1-cup microwaveable bowl or teacup with ½ cup water. Gently crack an egg into the water, making sure it's completely submerged. Cover with a saucer and microwave on high for about 1 minute, or until the white is set and the yolk is starting to set but still soft (not runny).
2. Toast the bread and spread each piece with ¼ of the mashed avocado.
3. Sprinkle avocado with the salt (optional) and pepper. Top each piece with a poached egg. Top the egg with 1 tablespoon Greek yogurt.