EGG, SPINACH, & AVOCADO TOAST

Culinary Intro:	A simple dish that can be enjoyed as a savory breakfast or light lunch or dinner.
Nutrition Intro:	This nutritionally balanced and easy to prepare recipe will give you a good head start in the morning while saving you some time, since it is so quick to prepare.

 Prep Time: 30 minutes Ingredients for 4 servings: Each serving = 1 slice toast with 1 egg Cost per serving=\$0.90 2 Tablespoons extra-virgin olive oil, divided 2 garlic cloves, grated or finely chopped 1 bunch spinach, washed and cut into bite-sized pieces 4 eggs ½ large avocado 		Culinary/ Nutrition Notes for Demo:		
		 Culinary: spinach cooks very quickly; cook just until the spinach wilts do not use a high heat to avoid the garlic from burning Nutrition: Spinach is a type of dark green leafy vegetables offering a wide range of nutritional benefits. It is a rich source of iron, and an excellent source of antioxidant vitamins A & C. 		
 4 slices whole wheat bread, toasted salt and freshly ground black pepper Steps: Prepare spinach: heat 1 Tablespoon oil over medium heat in a large sauté pan. Add garlic and cook until softened, about 1 minute. Add spinach and cook until wilted, stirring constantly, about 5 minutes. Remove from heat and season with a sprinkle of salt and freshly ground black pepper. Cook eggs in the other Tablespoon of oil, 	2	 Culinary: eggs can be cooked in a variety of ways: scrambled, poached, sunny-side up, over-easy if poaching eggs, no additional oil is needed Eggs contain high-quality protein (6 grams protein/egg). Eggs are one of the most affordable sources of high-quality protein. Healthy individuals can enjoy an egg a day without increasing blood cholesterol levels. 		
 Cook eggs in the other Tablespool of on, according to desired doneness. Toast the bread. Mash avocado on each piece of toast and divide the spinach amongst the 4 slices of toast. Top the spinach with 1 egg. Season with salt and pepper. 	3	 Culinary: avocado adds creaminess to the toast and acts as the glue for the spinach to stay in place make a small nest in the spinach for the egg to sit on Nutrition: Avocados are much higher in calories than most fruits. Most of the calories from avocado come from monounsaturated fatty acids, or heart-healthy fats. Most of the antioxidants in avocado are closer to the skin, to it is worth scrapping the avocado on the skin. The healthy fats from the avocado enhance the absorption of the vitamin A in spinach. 		

Nutritio	n Fac	ete
Serving Size 1 slice		
(142g)		~99
Servings Per Conta	ainer 4	
Amount Per Serving		
Calories 270 Ca	lories from Fa	at 140
	% Daily	Value*
Total Fat 15g		23%
Saturated Fat 3g	l	15 %
Trans Fat 0g		
Cholesterol 185mg	g	62 %
Sodium 360mg		15%
Total Carbohydrat	e 22g	7%
Dietary Fiber 5g		20 %
Sugars 3g		
Protein 12g		
Vitamin A 60%	 Vitamin C ² 	5%
	• Iron 15%	
*Percent Daily Values are diet. Your daily values may depending on your calories Calories	based on a 2,000 y be higher or low e needs:	
Total Fat Less that Saturated Fat Less that Cholesterol Less that Sodium Less that Total Carbohydrate Dietary Fiber	an 65g 8 an 20g 2 an 300mg 3 an 2,400mg 2 300g 3	0g 5g 00mg 400mg 75g 0g
Calories per gram: Fat 9 • Carbohyd	rate 4 • Protein	4
Clean-un/Revi	ow comm	onte

Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:

Leftover sautéed spinach can be kept in the refrigerator and added to frittatas or omelets. The same concept can be used with brown rice as the foundation rather than the toast.

Nutrition:

Enjoy this delicious recipe at any time of the day!

HF, DF, V, NAS

Materials	Shopping List	$\frac{\mathbf{V}, \mathbf{D}\mathbf{F}, \mathbf{V}, \mathbf{N}\mathbf{AS}}{\mathbf{Q}\mathbf{t}\mathbf{y}}$						
1. 1 cutting board	Produce	C ¹ y						
2. 1 knife	□ 1 bunch spinach							
3. 1 bowl for trash	□ 1 large avocado							
4. mise en place bowls	\square 2 cloves garlic							
5. silicone spatula								
6. electric griddle								
7. toaster	Perishables							
8. 1 fork	4 slices whole wheat toast							
9. measuring cups								
10. measuring spoons								
11. paper plates/ cups/ soufflé cups								
12. paper towels	Condiments							
13. tablecloth	extra-virgin olive oil							
14. kitchen towel	\square salt							
15. gloves	□ black pepper							
16. copies of recipe								
	Paper Goods							
	plates, forks, knives, napkins							
Dronning for domo:								
Prepping for demo:	nte are available							
 Shop for ingredients/ Ensure all ingredients are available Rinse & dry produce 								
 Prep & store for demo as requested in recipe 								
 Label all mise en place items 								
	Make sure to leave a portion of the produce intact for demo purposes							
• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time								
 Ensure all equipment is in place and set up table with a tablecloth Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe 								
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Estimated time for preparation: ¹/₂ hour