



Egg Salad Avocado Toast

Ingredients

- 1 slice sourdough bread, toasted
- 1 avocado
- 4 eggs, hard boiled
- ¼ cup red onion, finely chopped
- 1 TBSP lemon juice
- Salt and pepper, to taste
- Fresh chives, to garnish (optional)

Directions:

1. Place eggs in a small pot covered with cold water; Bring to a boil over the stove; Turn off the heat and cover the eggs; Let sit for 8-10 minutes
2. Transfer eggs to an ice bath and allow to cool before peeling; Once peeled, add to bowl and mash with a fork to desired consistency
3. Add remaining ingredients and mix
4. Toast one piece of sourdough
5. Add mixture on top of sourdough; Plate and enjoy!

Cookware needed:

- Small pot or saucepan
- Medium bowl
- Toaster

Cost: \$ \$

Ease: 

Health Benefit: Eggs are a great source of protein and fat to keep you fuller for longer and support brain health. Sourdough is fermented, making it beneficial for gut health. Red onion contains antioxidants to prevent disease and promote overall health.

Fare  Meals
by Arielle