AVOCADO EGGS-IN-A-BASKET

TOTAL TIME
dı 25 M
LEVEL
EASY

INGREDIENTS
WHOLE GRAIN BREAD
VEGETABLE OIL
LARGE EGG
RIPE AVOCADO
SALT & PEPPER

DIRECTIONS:
STEP 1 - Cut out the center of a slice of bread, using the bottom of a glass or a cookie cutter. Coat a large skillet with oil and heat over medium heat.
STEP 2 - Toast the slice and cut-out over medium heat until golden, about 5 minutes.
STEP 3 - Flip the bread over.
STEP 4 - Crack a large egg into the hole. Cover pan and cook until egg white is set and the yolk is cooked, about 5-6 minutes. Flip and cook more if you like the yolk a little firmer. Season with salt and pepper. Serve with slices of avocado on the side.
STEP 5 - ENJOY!

EAT TOGETHER:
QUICK, WHOLESOME BREAKFASTS KIDS WILL LOVE

MIX & MATCH LIST
Choose foods from each column to create a well-balanced breakfast.

PROTEIN
(PICK ONE)
□ Eggs
□ Lean meat
□ Nuts
□ Nut butter
□ Seeds
□ Seed butter
□ String cheese
□ Greek yogurt

FRUITS & VEGETABLES**
(PICK TWO)
□ Berries
□ Bananas
□ Melon
□ Avocado
□ Mushrooms
□ Peppers
□ Tomatoes

**Fresh, dried, frozen or canned and rinsed.

THESE ARE JUST A FEW SUGGESTIONS. FAMILIES CAN CREATE THEIR OWN LIST!
LEARN TOGETHER:
SMILEY FACE TEACHING METHOD
How to teach families about portion sizes and meal planning

USE YOUR HANDS TO HELP MEASURE PROPER PORTIONS
Developed by Angie Hasemann, MS, RDN, CSP, University of Virginia Health System

Palm One: Grains | Palm Two: Protein | Fingers: Fruits and Vegetables

Regular breakfast consumption is associated with increased intakes of certain nutrients in children, adolescents and adults. Children, particularly teens, who do not eat breakfast have a higher risk of becoming overweight or obese. For more information, visit the USDA Nutrition Evidence Library.