



## Avocado-Ricotta Toast

**Prep: 10 minutes**

**Cook: 6 minutes • Serves: 2**

- 2 large eggs
- 1 garlic clove, minced
- ½ cup part-skim ricotta cheese
- 2 teaspoons fresh orange juice
- 1 teaspoon chopped fresh basil
- ⅛ teaspoon fresh ground black pepper
- ⅛ teaspoon smoked paprika
- 2 slices multigrain bread, toasted
- ½ medium avocado, thinly sliced
- 1 tablespoon toasted pine nuts
- Chopped fresh chives for garnish

**1.** Heat medium saucepot of water to a boil over high heat; add eggs and return to a boil. Reduce heat to medium-low; simmer 6 minutes and drain.

**2.** In small bowl, stir garlic, cheese, orange juice, basil, pepper and paprika.

**3.** Carefully peel eggs. Spread toast with ricotta mixture; top with avocado and sprinkle with pine nuts. Top with eggs and sprinkle with chives.

*Approximate nutritional values per serving:  
383 Calories, 22g Fat (6g Saturated), 206mg Cholesterol,  
241mg Sodium, 30g Carbohydrates, 7g Fiber, 20g Protein*

### **Chef Tip**

Top off your toast with a drizzle of balsamic glaze.