

# EGG AND Avocado ON SWEET POTATO TOAST



**PORTION:** 1 piece  
**SERVES:** 1

## SUPERFOOD

### INGREDIENTS

1 ea Sweet Potatoes

1 ea Eggs

1/8 ea Avocado

1 tsp Lime Juice

2 tsp Crumbled Feta

1 tsp Fresh Cilantro, Chopped

1/8 tsp Cracked Black Pepper

### METHOD

1. Wash and bake the sweet potato at 350F until fork tender, about 12-15 minutes. Remove from the oven and allow to cool. Cut sweet potato into 1/4" sliced "toasts".
2. Fill a saucepan with a couple inches of water. Heat the water on high until it reaches a bare simmer and bubbles start appearing at the bottom of the pan. Crack egg into a small bowl and gently slip it into the water. Turn off the heat and cover the pan. Set a timer for 4 minutes. Remove the egg with a slotted spoon and serve at 145F.
3. Drizzle sweet potato slices with olive oil. Toast sweet potato slices until lightly golden brown on a flat top with a drizzle of olive oil.
4. In a bowl, mash the avocado with lime zest and juice. Spread mashed avocado evenly on sweet potato slices. Sprinkle each slice with feta cheese and cilantro. Sprinkle with ground black pepper. Top with the poached egg.

### NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
280	12g	3g	35g	9g	6g	170mg