



Healthy HARVEST

MEDITERRANEAN AVOCADO TOAST

- ½ an avocado
- 1 slice sourdough
- 2 tablespoons crumbled feta cheese
- 2 big slices of tomato (or red bell pepper!)
- 1 egg
- Salt and pepper
- Fresh lemon and minced fresh parsley and/or dill if desired
- Cooked regular or turkey bacon for topping, if desired

Preheat a small non-stick skillet over medium heat. Spray with cooking spray and add egg, frying to your desired doneness- sprinkle with a pinch of salt and pepper. Cook and set aside when done.

Meanwhile, toast the sourdough bread.

Transfer the avocado to a small dish- I like to squeeze in just a touch of lemon juice before mashing well with a fork. Feel free to add a pinch of salt/pepper if desired

Spread the avocado on the toasted bread. Top with tomato slices, egg, feta, bacon and parsley (if using).