

## Whole Grain Avocado Toasts



### Ingredients:

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- ½ c fresh basil
- 4 eggs, hard-boiled
- 12 slices whole-wheat French bread
- 1/4 c reduced-fat ricotta cheese
- black pepper, to taste

### Instructions:

1. Dice avocado, tomatoes, and green onions.
2. Peel and chop eggs.
3. Mix avocado, tomatoes, green onions, basil, and eggs in a small bowl. Add pepper to taste.
4. Toast bread slices and top with ricotta cheese.
5. Top with avocado mixture. Top with any remaining basil.

Makes 4 servings.



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