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Avocado Toast with Fried Egg

A fresh, savory stack layered with cream cheese, arugula, avocado, crisp radishes, and a fried egg—finished with a drizzle of balsamic vinegar for a tangy kick. Simple, satisfying, and full of flavor. Packed with healthy fats, protein, and fiber, it's as nourishing as it is delicious.

Serves: 4

Ingredients:

- 1 ripe Hass avocado
- 1 T lime or lemon juice
- Salt and pepper to taste
- 4 slices of bread of choice (sourdough and multigrain work well)
- 2 T olive oil, divided
- 4 eggs
- ¼ cup cream cheese
- 1 cup arugula (loosely packed)
- 2 red radishes
- 2 tsp balsamic vinegar

Directions:

1. Slice avocado in half, remove pit, and scoop out into a small bowl.
2. Mash avocado with fork and mix in lime or lemon juice and salt and pepper.
3. Toast bread until golden brown.
4. Spread a thin layer of cream cheese on each slice of bread.
5. Lay an even layer of mashed avocado to each slice of bread, then a small bed of arugula.
6. Thinly slice your radishes and add on top.
7. Add 2 tablespoons oil to a pan on medium-high heat until hot.
8. Add 2 eggs to pan and cook for 3 minutes for medium yolks, or 2 minutes for runny yolks and remove from heat. Repeat frying 2 remaining eggs in 2 tablespoons oil.
9. Add an egg to each slice of bread, finish with a drizzle of balsamic vinegar and enjoy!

Nutrition Info per serving:

Calories: 687, Saturated Fat: 7.8 g, Sodium: 951mg, Added Sugars: 0, Fiber: 5.7 g, Protein: 22.4 g