

# Egg, Spinach, and Avocado Toast

4 Servings • 1 Serving = 1 Slice of Toast with 1 Egg



## INGREDIENTS

- 2 Tablespoons extra virgin olive oil, divided
- 2 cloves garlic, grated or finely chopped
- 1 bunch spinach, washed and cut into bite sized pieces
- Salt and freshly ground black pepper, to taste
- 4 eggs
- 4 slices whole wheat bread, toasted
- ½ large avocado

## DIRECTIONS

1. Heat 1 Tablespoon oil over medium heat in a large sauté pan. Add garlic and cook until softened, about 1 minute. Add spinach and cook until wilted, stirring constantly, about 5 minutes. Remove from heat and season with salt and pepper.
2. Cook eggs in the remaining oil, according to desired doneness.
3. Toast the bread. Mash avocado on each piece of toast and divide the spinach amongst the 4 slices of toast. Top the spinach with 1 egg. Season with salt and pepper.

## Nutrition Facts

4 servings per container  
Serving size 1 slice toast with 1 egg

Amount per serving

**Calories** **270**

% Daily Value\*

Total Fat 15g 19%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 185mg 62%

Sodium 340mg 15%

Total Carbohydrate 22g 8%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 1mcg 6%

Calcium 87mg 6%

Iron 3mg 15%

Potassium 241mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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