

EGG, SPINACH, & AVOCADO TOAST

Culinary Intro:	A simple dish that can be enjoyed as a savory breakfast or light lunch or dinner.
Nutrition Intro:	This nutritionally balanced and easy to prepare recipe will give you a good head start in the morning while saving you some time, since it is so quick to prepare.

<p>Prep Time: 30 minutes</p> <p>Ingredients for 4 servings:</p> <p>Each serving = 1 slice toast with 1 egg</p> <p>Cost per serving=\$0.90</p> <ul style="list-style-type: none"> • 2 Tablespoons extra-virgin olive oil, divided • 2 garlic cloves, grated or finely chopped • 1 bunch spinach, washed and cut into bite-sized pieces • 4 eggs • ½ large avocado • 4 slices whole wheat bread, toasted • salt and freshly ground black pepper <p>Steps:</p> <ol style="list-style-type: none"> 1. Prepare spinach: 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 a sprinkle of salt and freshly ground black pepper. 2. Cook eggs in the other Tablespoon of 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. 	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • spinach cooks very quickly; cook just until the spinach wilts • do not use a high heat to avoid the garlic from burning <p>Nutrition:</p> <ul style="list-style-type: none"> • Spinach is a type of dark green leafy vegetables offering a wide range of nutritional benefits. It is a rich source of iron, and an excellent source of antioxidant vitamins A & C.
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • eggs can be cooked in a variety of ways: scrambled, poached, sunny-side up, over-easy • if poaching eggs, no additional oil is needed <p>Nutrition:</p> <ul style="list-style-type: none"> • Eggs contain high-quality protein (6 grams protein/egg). • Eggs are one of the most affordable sources of high-quality protein. • Healthy individuals can enjoy an egg a day without increasing blood cholesterol levels.
3	<p>Culinary:</p> <ul style="list-style-type: none"> • avocado adds creaminess to the toast and acts as the glue for the spinach to stay in place • make a small nest in the spinach for the egg to sit on <p>Nutrition:</p> <ul style="list-style-type: none"> • Avocados are much higher in calories than most fruits. Most of the calories from avocado come from monounsaturated fatty acids, or heart-healthy fats. • Most of the antioxidants in avocado are closer to the skin, to it is worth scrapping the avocado on the skin. • The healthy fats from the avocado enhance the absorption of the vitamin A in spinach. 	

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. mise en place bowls 5. silicone spatula 6. electric griddle 7. toaster 8. 1 fork 9. measuring cups 10. measuring spoons 11. paper plates/ cups/ soufflé cups 12. paper towels 13. tablecloth 14. kitchen towel 15. gloves 16. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 bunch spinach <input type="checkbox"/> 1 large avocado <input type="checkbox"/> 2 cloves garlic 	
	<p>Perishables</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 slices whole wheat toast 	
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> extra-virgin olive oil <input type="checkbox"/> salt <input type="checkbox"/> black pepper 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> plates, forks, knives, napkins 	

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: ½ hour