Breakfast

Crispy Turkey Bacon Avocado Toast

Mashed ripe avocado is piled onto toasted 100% whole-wheat bread and finished with crisp turkey bacon and thinly sliced plum tomato. A little salt and black pepper seasons every bite.



Nut free

13 min	230	23 g	2 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 2 slices lean turkey bacon
- [ ] 1 whole ripe avocado (pitted and halved)
- [ ] 2 slices 100% whole-wheat bread (toasted)
- [ ] 1/8 tsp salt
- [ ] 1/8 tsp black pepper
- [ ] 1 whole plum tomato (thinly sliced)

Method

- [ ] **1** Set a medium skillet over medium heat and give it a coating of nonstick cooking spray, letting it get hot.
- [ ] **2** Lay the lean turkey bacon into the hot skillet and let it cook for 8 minutes so it turns crisp, turning each slice over at the halfway point.
- [ ] **3** Once the turkey bacon is crisp, lift it out of the skillet and rest it on a plate lined with paper towels.
- [ ] **4** Run the slices of 100% whole-wheat bread through the toaster until done.
- [ ] **5** Take each half of the ripe avocado and scoop its flesh out onto a piece of the toasted bread.
- [ ] **6** Press a fork into the avocado to flatten it across the bread, then scatter 1/8 tsp salt and 1/8 tsp black pepper over the surface.
- [ ] **7** Cut the plum tomato into thin slices, then finish each toast with 1 slice of the turkey bacon and half of the tomato slices.

Nutrition Facts

Per serving

Calories	**230**
Total fat	16 g
Saturated fat	2 g
Sodium	430 mg
Total carbs	23 g
Fiber	5 g
Total sugars	2 g
Protein	8 g

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