



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Avocado Toast With Egg

- 1 piece whole wheatbread
- 1/2 avocado, ripe and soft
- Fat Free Shredded Cheddar
- 1 egg
- 1 Lime wedge

DIRECTIONS

- 1 Toast bread.
- 2 Add avocado and cheese to small bowl. Smash avocado and stir to combine.
- 3 Smear avocado spread on toast.
- 4 For the egg, gently crack egg into a hot pan coated in pan coat. Reduce the heat to medium and allow to cook for about 2 minutes. Cover the pan with a lid for an additional minute to finish, do not flip the egg. Loosen the sides of the fried egg with a spatula, then slide out of pan on top of toast.
- 5 Crack black pepper and sea salt over the top. Finish with a squeeze of lime juice (optional).



Enjoy!