

# Crave & Rave

Featured in *School Nutrition* (March 2020)

## Restaurant-Worthy School Breakfast Items on the Menu

12 SERVINGS



### EGG & AVOCADO TOAST

#### INGREDIENTS

- 12 Whole-grain English muffins
- 6 Tbsps. Olive oil
- 12 Boiled eggs
- 3 Large avocados



1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper and lay (open faced) each English muffin onto the prepared sheet.
3. On top of each muffin half, spread  $\frac{1}{2}$  tsp. of olive oil.
4. Slow-toast the muffins on the middle rack of the oven for 10 minutes, flipping after five minutes.
5. While the English muffins are toasting, cut each avocado in half by slicing through it lengthwise. Separate the avocado into two halves. Remove the pit. Slice six even lengthwise cuts through avocado, being careful not to cut through the peel. Scoop out slices with sturdy tablespoon. Set aside.
6. Slice the boiled eggs in four even coin shapes.
7. Once toasted, remove the English muffins from the oven. Add 3 to 4 slices of avocado and top with 4 even coin shapes.
8. For service: Box each toast in a grab 'n' go container.

Staunton City Schools, Virginia