

Better Breakfasts

Toast To A Better Morning With California Avocados

(NAPSA)—There's no better way to start off your morning than with avocado toast for breakfast. California avocados are your nutrition powerhouse breakfast choice, with nearly 20 vitamins, minerals and phytonutrients, and 50 calories per serving (1/5 of a medium avocado).

The sky is the lip-smacking limit for avocado toast, with endless mouthwatering recipes to surprise and delight each and every morning. For quick and simply delicious, try whole wheat bread topped with mashed avocado and a pinch of salt. For an extra special breakfast in bed, top with your favorite fresh ingredients and add eggs or prosciutto.

Avocado toast has become a hugely popular breakfast item, and chefs and bloggers from around the country have created their own unique avocado toasts with their favorite ingredients, including San Francisco-based chef Maxine Siu of Ploow restaurant.

"As a chef in California, I love to celebrate local ingredients and flavors, and for me, California avocado toast is a dish that epitomizes fresh, easy and delicious—and as a bonus, is infinitely customizable for any snack or meal," said chef Siu, who shares her delicious recipe for California Avocado Toast with Pickled Red Onions, Egg and Espelette Pepper.



California avocado, sweet pickled onions and a luscious poached egg on toast make for a perfect breakfast.

California Avocado Toast with Pickled Red Onions, Egg and Espelette Pepper

Ingredients:

- 1 slice ¼"-thick country bread
- ½ tsp. extra virgin olive oil
- Kosher salt, to taste
- ½ ripe, Fresh California Avocado, seeded, peeled and thinly sliced
- 1 Tbsp. pickled red onions (see make-ahead recipe below)
- 1 egg, softly poached
- Espelette pepper, to taste

Instructions:

1. Drizzle sliced bread with virgin olive oil. Toast on a flat top, nonstick frying pan or griddle until golden brown.
2. Sprinkle toasted bread very lightly with kosher salt.
3. Place the avocado slices

on top of toasted bread and sprinkle lightly with another light pinch of kosher salt.

4. Top with pickled red onions and one softly poached egg.

5. Sprinkle the egg with Espelette pepper.

Pickled Red Onions

Yields: 1 cup

Ingredients:

- ½ cup champagne vinegar
- ½ cup water
- 1 Tbsp. sugar
- ½ tsp. kosher salt
- 1 bay leaf
- 1 chile de árbol
- 1 red onion, thinly sliced

Instructions:

1. Bring to a boil the champagne vinegar, water, sugar, kosher salt, bay leaf and chili de árbol.

2. Pour the hot liquid over the onion slices. Let sit for an hour before serving.

3. The onions can be stored for up to one week.

• Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

For more California avocado breakfast ideas, visit www.californiaavocado.com/avocados-for-breakfast.