

# QUICK, MICROWAVE-POACHED EGGS ON AVOCADO TOAST

Active time: 10 minutes Total time: 15 minutes

Serves: 2 | Serving Size: 1 toast

**Nutrition (per serving):** *Calories: 289; Total Fat: 18g; Saturated Fat: 4g; Monounsaturated Fat: 7g; Cholesterol: 185mg; Sodium: 441mg; Carbohydrate: 23g; Dietary Fiber: 8g; Sugar: 1g; Protein: 12g*



## Ingredients

- 1 tablespoon dried shallots or onions
- 1 teaspoon dried minced garlic, or 1/2 teaspoon granulated garlic
- 1 teaspoon sesame seeds
- 1 teaspoon poppy or chia seeds
- 1 teaspoon caraway seeds
- 1/4 teaspoon sea salt flakes
- 1 small (6.5 ounces/182g) avocado, halved lengthwise and pitted
- 1/4 lemon, cut into wedges
- 2 pieces hearty sprouted whole-grain bread, toasted
- 2 large eggs

## Directions

1. In a small bowl, combine the shallots, garlic, sesame seeds, poppy seeds, caraway seeds and sea salt; set aside. Mash the avocado in a small bowl. Squeeze the lemon into the avocado and spread liberally on the toast. Set aside.
2. Pour 1/2 cup (118ml) water into a microwave-safe coffee mug. Crack 1 egg into the mug, cover with a small plate, and microwave on high for 30 seconds. Lift the plate carefully (to let steam escape) and check the egg. If the white is not completely set, cover and continue to microwave in 10-second intervals until the egg white is opaque. (The time varies with the power of the microwave and may take up to 60 seconds.)
3. Carefully pour off the water in the mug, using a slotted spoon to keep the egg from falling out. Transfer the egg to one of the slices of avocado toast. Repeat the poaching process with the remaining egg and place it on top of the second piece of toast. Sprinkle the toasts with the seed mixture and serve immediately.

RECIPE ADOPTED

[HTTPS://BLOG.MYFITNESSPAL.COM/QUICK-MICROWAVE-POACHED-EGGS-ON-AVOCADO-TOAST/1](https://blog.myfitnesspal.com/quick-microwave-poached-eggs-on-avocado-toast/1)