

Tuna and Avocado Sweet Potato Toast

Makes 4 Servings

Ingredients

- ☐ 1 large sweet potato, peeled and sliced into 1/4-inch thick slices
- ☐ 2 tablespoons olive oil or unsalted butter
- ☐ 4 large eggs
- ☐ 1 avocado, halved, pitted, peeled and smashed
- ☐ 1 (12-ounce) can tuna, drained
- ☐ 1 teaspoon dried parsley or 1 tablespoon chopped fresh parsley (optional)

Directions

1. Preheat oven to 350 degrees. Line a rimmed baking sheet with foil. Place sweet potato slices on baking sheet and drizzle with 1 tablespoon oil. Roast until tender, about 10 to 15 minutes.
2. While the sweet potatoes are cooking, heat oil in large pan over medium-high heat. Crack eggs into pan and cook, covered, 2 to 3 minutes for a runny yolk, and 3 to 5 minutes for a set yolk.
3. Top sweet potato with smashed avocado, tuna and eggs. Sprinkle with parsley (if using) and serve.

Recipe from: Feeding Pennsylvania and PA Eats

