

Baked Egg and Avocado Tostadas

Adapted from: Erin Alderson (*Naturally Ella*)

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Serves: 2



Ingredients

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|---------------------------------|-------------------|
| 1 medium sweet potato | ¼ tsp. salt |
| ½ cup wheat berries | 3 oz. goat cheese |
| 1 tbsp. minced (fresh) rosemary | 3-4 eggs |
| 2 tbsp. olive oil | |

Instructions

1. Rinse wheat berries and place in a pot with water. Bring to a boil and continue to cook until wheat berries are tender— 45-60 minutes.*
2. Preheat oven to 400°F. Peel and cut sweet potatoes into ¼-inch cubes. Toss with 1 tbsp. olive oil, salt, and minced rosemary. Roast for 15-18 minutes until sweet potatoes are tender.
3. Toss together wheat berries, sweet potatoes, goat cheese, and 1 tbsp. olive oil. Prepare eggs to your liking and serve with wheat berries.

Note: Wheat berries can be made well ahead of time. Also, other grains can be substituted for the wheat berries.