

# JUNE NUTRITION SPOTLIGHT

THE NEW YORK CITY DEPARTMENT FOR THE AGING  
SNAP-ED NEW YORK



Potassium is a mineral and electrolyte that is essential for nerve and muscle function.

It also plays a role in helping us maintain normal blood pressure, and may reduce the risk of recurrent kidney stones and bone loss as we age.

Potassium can be found in lots of fresh fruits and vegetables, meat, poultry, fish, beans, and dairy products!

Certain individuals, such as those with medical conditions like chronic kidney disease, may want to talk with their doctor about how much potassium consumption is right for them.

**JOIN US FOR A LIVE  
COOKING DEMO ON  
JUNE 22ND AT 10:30  
AM! LEARN HOW  
TO MAKE AVOCADO  
TOAST-DIFFERENT  
WAYS!**

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**Department for  
the Aging**



## EGG AND PEPPER AVOCADO TOAST

### INGREDIENTS

- 1 teaspoon olive oil
- 1/4 yellow bell pepper, cut into rings
- 1 egg
- 1/2 avocado
- 1/2 tablespoon lemon juice
- 1 slice whole wheat bread
- 1 pinch salt 1/2 tablespoon parsley, chopped

### DIRECTIONS

1. In a small pan, heat olive oil over medium heat. Place the pepper ring on the pan. Carefully break the egg in half, and place it directly in the ring.
2. In the meantime, scoop the avocado flesh into a small bowl and mash it with a fork. Sprinkle with lemon juice and spread on the toast.
3. Once the egg is set, carefully place it on the avocado toast and season with salt,

*Look out for our monthly nutrition newsletters for nutrition tips and recipes!*

