

# Turkey & Cheese Breakfast Plate

1 SERVING 15 MINUTES



## INGREDIENTS

1/2 tsp Avocado Oil  
1 Egg  
2 cups Baby Spinach  
4 ozs Turkey Breast (cooked)  
1 slice Whole Grain Bread (toasted)  
1 1/2 ozs Swiss Cheese (sliced)

## DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Crack the egg and cook until the whites are set and the yolk is cooked to your liking. Set aside.
- 02 In the same pan, add the spinach and cook until wilted, about two to three minutes. Add a bit of water if needed.
- 03 Arrange the fried egg, spinach, turkey breast, toast, and cheese on a plate. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### GLUTEN-FREE

Use gluten-free bread.

### DAIRY-FREE

Omit the cheese.

### MORE FLAVOR

Add mayonnaise, salt, or black pepper.

### ADDITIONAL TOPPINGS

Add tomatoes, olives, pickles, or sauerkraut.