

BREAKFAST

Egg and Avocado

INGREDIENTS

2 eggs

1 avocado

sea salt

parsley, green onion, or cilantro for garnish

DIRECTIONS

Cook egg to your liking (sunny side up, etc.).

Slice avocado in half.

Add half avocado to one plate and half to the other.

Place cooked egg on top of avocado slices.

Sprinkle with sea salt.

Top with parsley or cilantro, if desired.



TIME AND YIELD

3-5 minutes

serves 2