

Open Face Avocado, Tomato & Egg 'Wich

Serves 2

Ingredients

- 2 large eggs
 - 1/4 cup grated cheese (cheddar, pepper jack, Colby jack)
 - 2 slices of bread of choice (100% whole wheat or multigrain recommended)
 - 1 avocado, sliced or chopped
 - 1 large tomato, chopped or 1/2 cup sliced cherry tomatoes
 - 1 tablespoon green onion, thinly sliced
 - Salt and pepper to taste
- Optional: favorite salsa (Mrs. Renfro's jalapeño green salsa)

Preparation

Heat a small skillet (6 inch) over low-medium heat. Lightly coat the pan with olive or canola oil. Crack each egg into the pan. While the eggs are cooking, toast your bread. Cook the eggs to your preference, I like over easy. Once your eggs are cooked, sprinkle with salt and pepper. Place a slice of toast on each plate. Position each egg on the middle of the slices of toast and sprinkle with cheese. Evenly distribute and arrange the sliced avocado and tomato on top of the eggs. Sprinkle with green onion and top with favorite salsa if using. Enjoy!

Source: Original recipe by Kelsey Cohen