

Green Eggs, No Ham

Total Time: 10 minutes

Servings: 1 serving



Ingredients

- 1 whole-wheat English muffin, split and toasted
- 1/2 avocado, peeled and pitted
- 1/2 tablespoon oil or cooking spray
- 2 large eggs
- Salt, to taste

Directions

1. Crack 1 egg into the glass or mug. Throw away the shell.
2. Put the skillet on the stove on medium heat. Add the oil.
3. Carefully slide the egg from the glass to one side of the skillet.
4. Repeat steps 1 and 3 with the second egg.
5. Put the English muffin halves on a plate and top each half with the avocado. Mash the avocado with the fork until it covers the English muffin.
6. When the eggs start to set and the edges are solid, use the spatula to flip the first egg. Flip the second egg and cook until the yolks are almost firm, about 1 minute.
7. Slide the eggs onto the avocado-topped English muffin halves and then top each with a pinch of salt. Serve right away.