

poached eggs, chicken, and avocado on whole grain toast, serves 4

Simple delicious breakfast loaded with protein, potassium, good carbs, and good fats.

- 4 slices whole grain bread
- 1 avocado - mashed with a pinch of salt
- 2 sautéed chicken breast seasoned very lightly with kosher salt and chopped
- 4 poached eggs

Bring 4 cups water to a simmer, add 1/8 cup vinegar – break eggs into simmering water and simmer for 3 minutes or until as done as you like. Top toast with mashed avocado, place chicken on avocado, and an egg on top. Cut a slit in the egg to release the yolk upon serving.

