



MAGIC EGGS *with* SALAD FOR BREAKFAST

Inspired by George & Papa

INGREDIENTS

- 3 Vital Farms Organic Pasture Raised Eggs
- Avocado oil spray
- Salt, pepper & crushed hot pepper
- Large handful crispy lettuce greens
- 3 organic grape tomatoes, halved
- 1/2 ripe avocado, cut in chunks
- Extra-virgin olive oil

DIRECTIONS

Plate the lettuce with tomatoes and avocado. Drizzle EVOO and sprinkle salt and pepper. Spray medium pan with avocado oil. Put pan on high heat. Crack eggs in a glass bowl. Do not whisk. When pan is hot pour the eggs in, break the yolks with spatula and let them cook until whites start to form. Turn heat to medium and gently begin to stir eggs with the spatula. Cook until they are just shy of being done. Eggs will continue cooking after being plated alongside salad. Season eggs with salt, pepper and crushed red pepper, as desired.