

MINI BAGEL BREAKFAST SANDWICHES



INGREDIENTS:

2 eggs
2 whole grain mini bagels, toasted
1 handful arugula
2 tbsp guacamole
2 tomato slices
salt and pepper
cilantro
red pepper flakes (optional)

DIRECTIONS:

1. Place toasted bagels on a serving plate, spread with guacamole on one side of each bagel and top with tomato slices.
2. Spray a small skillet with nonstick cooking oil spray and place over medium heat. Crack the eggs into the pan and season with salt and pepper to taste. Let the eggs cook undisturbed until the whites are almost completely set except just around the yolks, about 2 minutes. Season with cilantro and red pepper flakes to taste (optional).
3. Carefully flip the eggs and cook for another 30 seconds more or until cooked to desired hardness. Add one egg to each bagel and top with arugula.

Calories: 393 / Protein: 20g / Carbs: 44g / Fat: 17g