



Avocado Toast with Fried Egg and Pickled Red Onions



The Ingredients:

- 1 slice of whole wheat toast
- One egg
- Half an avocado (sliced)
- Pickled red onions
- Salt and Pepper to taste

Directions:

1. Fry one egg on a pan or skillet.
2. While it fries, toast one slice of whole wheat bread.
3. While bread is toasting, slice half of an avocado.
4. After egg is fried and bread is toasted assemble in order.
5. Assembly Order: Toast, Fried Egg, Sliced Avocado, and on top Pickled Red Onion

To make pickled red onions:

1. Slice red onions and saute in mild oil for a few minutes to soften, but not brown.
2. Add 1/3 cup white vinegar to pan and let bubble for a few minutes
3. Store in fridge for up to 2 weeks!