

Avocado Jack

Unit: Griddle or Large Skillet

2-3 - Medium or Large Avocados
Cooking Spray or butter (not olive oil)

Eggs

First, cut the avocados in half and remove the seed. Next, slice the avocado into 1/2" slices and remove the peeling. There should be a hole in the center of the slice. Separate the egg yolks from the egg whites.

Preheat the skillet on medium heat for 3-4 minutes and then coat the skillet with oil or butter. Place the avocado slices into the skillet and put an egg yolk in the center of them. Cook for a few minutes on each side until the egg yolk in the center is cooked to your liking.



HEALTH QUEST