

Egg w/Kimchi & Avocado on English Muffin



Recipe serves
1

Ingredient	Amount
Thomas' English Muffin - Plain	1 ----
Kimchi	1 tbsp
Avocado - Spread	1 tsp
Margarine	1/2 tsp
Egg - Scrambled/ Fried/etc.	1 ----

Per 1 Serving: Cal 261; Fat 10.2g; Sat Fat 2.6g; Chol 169mg; Carb 30.5g; Protein 11g; Fiber 1.2g; Sodium 457mg

1. Separate english muffin. Place in toaster to crisp up, not burnt.
2. Heat a small skillet on medium-low. Add 1/4 teaspoon margarine to pan. Crack open egg and add to pan. Break up yolk. Flip when yolk is contained. Remove from heat.
3. Remove english muffin from toaster. Careful it is hot and set aside.
4. Place remaining 1/4 teaspoon margarine on bottom half of english muffin. Spread avocado on top half. Place cooked egg on bottom half. Add Kimchi to top of egg. Cover with other half of english muffin. Enjoy.