





Breakfast stack

 Michelle Paris



 2 Servings  PREP: 15 mins  COOK: 15 mins

 Breakfast

English muffin stacked with avocado, sauted vegetables, and topped with an egg and cheese.

Ingredients

1 English Muffin	2 Eggs
1/2 Avocado, halved	Oil olive
1/3 cup Onion, diced	Salt, to taste
1/2 Bell Pepper, diced	Black Pepper, to taste
1/3 cup Mushroom, sliced	2 Tbl Tomato, small diced
2 slices Cheese cheddar	

Directions

1. Split and toast english muffin. Divide avocado between the two English muffin halves. Mash and salt to taste.
2. Saute onion, pepper and mushroom in a small amount of olive oil in a hot pan. Season with salt and pepper. Layer mixture onto English muffin stack. Top with cheese.
3. Cook egg as you wish. Layer on top of English muffin stack, top with diced tomato and serve.

Notes

Add or remove vegetables.

Can use different cheeses.