

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Egg on Toast with Chipotle Mayonnaise, Bacon and Avocado

From [www.closetcooking.com](http://www.closetcooking.com)

Makes 2 servings

4 eggs, fried or poached

4 slices Ezekiel Organic Sprouted Grain Bread, or Sprouted English Muffins, lightly toasted

¼ cup chipotle lime mayo\*

2 avocados, sliced

8 slices nitrite/nitrate-free bacon, cooked

1. If you would like to poach the eggs, bring a large pot of water to a boil and reduce heat to medium. Crack an egg into a bowl, swirl the water in the pot and pour the egg from the bowl into the water and repeat for another egg. Let the eggs cook until the whites are set but the yolks are not, about 2-3 minutes and fish them out. Repeat for the remaining two eggs.
2. Assemble sandwiches by laying out one slice of toast, cover it with the chipotle lime mayo, then the bacon, avocado slices, and finally the egg on top.

### Chipotle Lime Mayo

Makes ½ cup

½ cup mayonnaise (You have many choices here. You can use organic mayo, try Vegenaïse (which can be found at some Dierberg's stores by the organic cheese), or try making your own.)

1 chipotle chili in adobo sauce (or to taste), chopped

1 tsp adobo sauce

½ lime, juiced

1. Mix everything together.