



## FRIED EGG & RYE BREAKFAST SALAD

Basic Lifestyle

### INGREDIENTS

1 ounce rye bread (regular; or 2 slices "lite" rye)  
1 TBS extra-virgin olive oil, divided  
1 large egg, divided  
1 ½ TSP white wine vinegar  
⅛ TSP kosher salt  
⅛ TSP freshly ground black pepper  
1 ½ cups salad greens  
4 radishes, halved

### INSTRUCTIONS

—Tear bread into very small pieces, or process in a mini chopper to make coarse crumbs. Heat 1 TSP oil in a small skillet over medium-high heat. Add breadcrumbs to pan; cook 3 minutes or until toasted, stirring occasionally. Remove from pan.

—Reduce heat to medium. Add 1/2 TSP oil to pan. Crack egg into pan; cover and cook 1-1/2 to 2 minutes or until desired degree of doneness.

—Combine remaining 1-1/2 TSP oil, vinegar, salt, and pepper in a medium bowl. Add greens and radishes; toss to coat. Top with egg and breadcrumbs. (The yolk will break over the salad to "dress" the leaves.)

**SERVING INFO:** (Yields 1 serving) = ½ P, 1-1/2 V, 1 G, 1 FT