



Fried Egg and 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: (Serves 1) = ½ P, 1-1/2 V, 1 G, 1 FT

See photo of this recipe at [Instagram](#) and [Facebook](#).

You can watch a very short cooking video here:

<https://www.cookinglight.com/healthy-living/healthy-habits/fried-egg-rye-bread-breakfast-salad-recipe>