

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Egg In A Hole Sandwich

2 large slices dense rye bread
2 teaspoons grass fed butter
1/2 avocado, peeled, pitted + sliced
2 mozzarella cheese, sliced
1 vine-ripened tomato, sliced
1 farm fresh egg
sea salt and freshly cracked black pepper

Use a round cookie cutter or the top of a drinking glass to cut a hole in one of the slices of bread. Generously butter both sides of the two slices of bread, and place in a skillet. If the butter is too hard, melt it the butter in the skillet and lay the bread pieces over the melted butter. Cook over a medium heat for a few minutes, until the underside is golden brown. Turn the slices over.

Turn the heat down to low. Top the whole slice of bread with avocado, mozzarella cheese and tomato slices. Crack the egg into the hole in the other slice of bread.

Cover the pan with a lid, and cook for a few more minutes, until the cheese has melted and the egg is cooked to your liking.

Sandwich together the two pieces of bread, top with a good pinch of black pepper, and serve immediately.

Makes 1 sandwich.



Photo courtesy of and recipe adapted from <https://www.brit.co>

Episode: The Essential Egg

Email Lynn with questions or comments at FOOD101program@gmail.com

Because What You Eat Matters!