

Bacon and Egg Breakfast Salad

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Servings: 4

*1 avocado peeled and pitted
1/3 to 1/2 cup water
2 tablespoons low-fat plain
Greek yogurt
1 1/2 tablespoons fresh
lemon juice
1 teaspoon extra-virgin olive
oil
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/8 teaspoon cumin
1/8 teaspoon black pepper
8 slices less-fat, less-
sodium bacon
4 eggs
8 cups fresh mixed greens
2 cups multicolor grape
tomatoes, halved
1 cup cucumber, thinly
sliced*

Preparation Time: 20 minutes

In a food processor, pulse the avocado, 1/2 cup of water, the yogurt, lemon juice, oil, salt, garlic powder, onion powder, cumin and pepper, adding additional water if needed to make a smooth dressing.

In a large nonstick skillet over medium heat, cook the bacon until crispy, about 7 minutes. Transfer the bacon to paper towels to drain. Crumble when cool.

Drain the drippings and wipe the skillet with a paper towel. Coat the skillet with cooking spray and warm over medium-low heat. Add the eggs. Cook, covered, until the whites are set and the yolks are a desired doneness, 3 to 5 minutes.

Arrange the greens on four plates. Top evenly with bacon, tomatoes, cucumber and eggs. Drizzle with avocado dressing and sprinkle with additional pepper.

Per Serving (excluding unknown items): 90 Calories; 6g Fat (6 calories from fat); 7g Protein; Carbohydrate; trace Dietary Fiber; 212mg Cholesterol; 204mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.