

# Tatsoi with Avocado and Egg

From – [www.thesweetbeet.com](http://www.thesweetbeet.com)

A handful of tatsoi

1 fried egg

Bread (I prefer a heavy rye bread for this combo)

Avocado

Salt and Pepper

- Lightly saute the tatsoi with olive oil.
- Cook the egg
- Toast the bread.
- Assemble with avocado slices.
- Salt and pepper to taste.



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