



# Breakfast Bagel

NIBBLEDISH CONTRIBUTOR

## Ingredients

- Bagel
- Egg
- Yellow Pepper
- Tomato
- Onion
- Avocado
- Corriander
- S&P
- Salsa

## Instructions

I love to get up early on a weekend and make a nice breakfast for my wife.

I've done this four or five times in a row now, and it never gets old. Simple, but so good. If I had some ham in the fridge, I would have put that in, too.

Chop some onion, pepper, a tomato, and avocado and some corriander up. It's a good idea to get all of the prep done first, because the cooking process doesn't take long and you want it to be hot when you serve it up.

Brown your onion and pepper in a little EVOO, and then slam your bagel in the toaster. I have the timing down to an art. In with the tomato - give it a few moments, but don't cook it too long or it will end up as mush.

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Crack an egg or two into the pan and then beat them up over a high heat for about a minute. Try not to over cook this stuff.

The bagel should be popping up... about now. Butter it and slide the egg and the rest of the pan over the top.

Add the avocado, garnish with coriander and season with the S&P.

Last but not least, serve with some good salsa and a hot cup of Kona coffee.