

EGGS, GREENS, & GOAT CHEESE SANDWICH



INGREDIENTS: 1 SERVING

- 2 slices of bread of choice (I used a seeded whole wheat organic bread)
- 1 egg
- 1-2 rainbow chard leaves, stems removed and cut into large pieces (can substitute kale or spinach)
- 1 ounce goat cheese
- 1 teaspoon ghee, butter, or oil

INSTRUCTIONS

1. In a medium skillet, heat butter or oil.
2. Add bread and flip occasionally until toasted or lightly browned (you can also use the toaster).
3. Remove bread and top one slice with goat cheese.
4. Wipe skillet and add cooking spray. Cook egg to desired doneness. Season with salt and pepper.
5. Place egg on top of cheese.
6. Add additional cooking spray or oil if needed to skillet. Add rainbow chard (or other greens) and cook for just 1 minute or until starting to wilt.
7. Place greens on top of egg and top with other bread slice.
8. If sandwich needs to be warmed up, place back in skillet for a minute and serve.