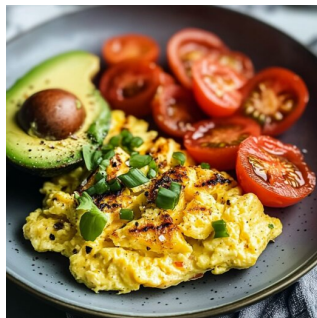


Scrambled Eggs with Avocado & Grilled Tomatoes - A Bright, Healthy Breakfast

Scrambled Eggs with Avocado & Grilled Tomatoes ?



TIME
10 min

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INGREDIENTS

2 large eggs
1/2 avocado, diced or sliced
1 medium tomato, thickly sliced
1 tbsp butter or olive oil
Salt & black pepper, to taste
... tsp garlic powder (optional)

DIRECTIONS

1. ? Step 1: Prepare the Tomatoes: Slice your tomato into thick rounds and season lightly with salt and black pepper. This helps them release a little juice and amp up the flavor.
2. ? Step 2: Grill the Tomatoes: Heat a skillet over medium heat and add a touch of oil. Grill the tomato slices for 2 minutes per side until slightly browned and softened. Remove and set aside.
3. ? Step 3: Scramble the Eggs: Crack the eggs into a bowl, beat lightly, and season with salt and pepper. In the same skillet, melt butter or heat a little oil. Cook the eggs over low heat, stirring gently until just set and fluffy.
4. ? Pro Tip: Keep the heat low and stir slowly for soft, custardy scrambled eggs.
5. ? Step 4: Prepare the Avocado: Dice or thinly slice the avocado. Season with black pepper or garlic powder for a touch of extra flavor.
6. ? Step 5: Assemble & Serve: Plate the scrambled eggs alongside the grilled tomatoes and avocado. Eat warm, enjoy the textures, and savor every bite!

TIPS FOR SUCCESS

Use ripe avocado : It should yield slightly to pressure and be creamy, not mushy.

Don't overcook your eggs : Soft and slightly runny eggs are more flavorful and less rubbery.

Add fresh herbs like parsley, dill, or chives.

