

# Eggs Over Arugula and Toast

Courtesy of Carole's Creations

Prep Time: 7 minutes

Cooking Time: 25 minutes

Serves: 4

**CChints:** This is an elegant breakfast that doesn't take any longer than bacon and eggs. Arugula is a green leaf vegetable with dandelion-looking leaves. It has a bolder flavor than lettuce that is a little peppery. You can find it is ready to use and prewashed in the produce section. Try different breads to get different flavors. To make this lower in cholesterol make this dish use egg whites.



4 slices bacon

3 tablespoons diced sun-dried tomatoes, packed in oil

3 tablespoons diced yellow sweet onion

1/8 cup diced fresh tomato

4 pieces of bread, whole wheat, multi-grain, or one of your choice

2 tablespoons apple, peach, pumpkin or sweet potato butter. It needs to be an earthy style not overly sweet jelly or jam.

3 cups baby arugula

8 whole eggs (2 per person) or 12 egg whites (3 per person)

1/2 teaspoon salt

Fresh black pepper to taste

Fry the bacon in a large skillet over medium heat until crisp. About 3 minutes before the bacon is done, add the sun-dried tomatoes, onions and tomatoes and stir often until they have softened and have a few dark edges, about 2-3 minutes. Transfer the bacon and peppers to a few layers of paper towels to drain.

While the bacon is cooking, toast the bread and lay each piece on a plate. Spread each piece with the flavored spread. Top each piece of toast with about 2/3 cup of the arugula.

Carefully transfer half of the bacon grease into a glass container and set aside. Only leave enough in the pan to fry the eggs or just keep the eggs from sticking. Line a container with a few paper towels to put the eggs into to keep warm as you cook them.

**If you are using whole eggs** – Crack 2 eggs at a time into a small bowl. This will allow you to catch any broken shell pieces. Here is a trick if you do have broken shell pieces; a larger piece of shell will act as a magnet to pick up the broken piece. Pour them into the skillet and cook until done. Cook them the way you want, the yolks whole or broken. If your skillet is large enough to cook more than 2 add another one. Transfer to a container to keep warm. If you need to, add a little more grease and cook the rest of the eggs.

**If you are using egg white** - Crack one egg at a time and carefully transfer the yolk back and forth between to 2 shells to allow the egg white to drip into a bowl. Throw away the yolks. Do the same with each egg. Slowly pour 1 to 3 eggs into the pan and cook on one side for 2-3 minutes and carefully flip them over. Cook for another 1-3 minutes until they are done. Transfer them to a container to keep warm. If you need to, add a little more grease and cook the rest of the eggs.

When all the eggs are done, put 2 on top of each arugula stack. Break each piece of bacon in half and lay across the eggs. Sprinkle with the tomato mixture, salt and pepper and enjoy!