

## **Recipe for Poached Eggs, Avocado, and Bacon a la Dave**

Serves 2

The combination of creamy avocado, salty bacon, and silky eggs is so rich and satisfying I just don't see a need for cheese. If you disagree, be my guest and add a bit of Parmesan. I found one egg per person to be plenty, but double up if you're especially hungry.

Whole wheat bread, whole wheat English muffin, or whole wheat naan, toasted and lightly buttered  
4 strips cooked bacon  
2 eggs  
1 avocado, sliced  
coarse salt

Place toasted bread, English muffin, or naan on 2 serving plates and top each with 2 strips of bacon.

Bring a small pot of water to a boil. Lower the heat to a steady simmer.

Crack one egg into a small ramekin. Using caution, slowly lower the ramekin towards the hot water, near the edge of the pot, and tilt it so that the egg falls into the water. Crack the second egg into the same ramekin and repeat on the other side of the pot.

Keeping the water at a steady simmer, poach the eggs gently for a minute and a half, then use a slotted spoon to flip them carefully as they bob. Cook the other side a minute and a half longer, or until the yolks look slightly pinkish and are beginning to set. Remove the eggs with a slotted spoon, and lay them lovingly atop the bacon. Fan a few slices of avocado over the eggs. Sprinkle with coarse salt, and have at it.