



# Paleo Breakfast Tostado

**Active Time:** 10 minutes | **Total Time:** 10 minutes | **Serves:** 2

## Nutrition Information Per Serving

346.4 calories, 21.14 g carbohydrate, 7.77 g fiber, 13.37 g NET carbs, 15.77 g protein, 24.9 g fat

## Ingredients

- 1 clove organic garlic, minced
- 2 medium(s) organic tomatoes, finely diced
- 4 large(s) pasture-raised eggs
- 1/2 tsp(s) sea salt
- 1/2 medium(s) organic avocado
- 1 Tbsp organic cilantro, chopped
- 1 Tbsp organic extra virgin olive oil
- 1/4 tsp(s) chili powder
- 2 whole(s) organic limes, juiced
- 1 tsp paprika
- 1/2 large(s) organic onion, diced

## Preparation

1. First, make the guacamole. Add the avocado, garlic, salt, and half of the lime juice to a small non-reactive bowl. Mash and set aside.
2. Next make the salsa. Combine tomatoes, cilantro, onions, &frac12; Tbsp. oil, remaining lime juice, chili powder and paprika in a small non-reactive bowl.&nbsp;Set aside.
3. Add remaining oil to a safe, nonstick pan over medium high heat.
4. Beat the eggs and pour into hot pan. Don't touch the omelet &ndash; simply swirl the pan around so that egg move around and the omelet becomes evenly cooked. When the egg begins to slide around in the pan, flip it. Cook on opposite side to desired doneness.
5. Place omelet on serving plate. Spoon guacamole mixture over the omelet and top with salsa. Serve.

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