

upclose & tasty

Mini Breakfast Sandwiches with Quail Eggs

Ingredients

Mini bagels, or bread of your choice

4-5 strips of bacon

1-2 tomatoes

1-2 avocados

Arugula microgreens

Olive oil

Salt and pepper to taste

Quail eggs (1 per serving) or substitute with regular sized eggs

Note: *I got my Quail eggs and Microgreens from **American Pride MicroFarm** in Naperville, IL.*

Preparation

- 1. Preheat oven to 425 degrees Fahrenheit.*
- 2. Bake the bacon for 10-12 minutes on baking sheet to desired crispiness.*
- 3. Remove from oven, place paper towel on a plate and let bacon cool and absorb fat drippings. Once cool, tear into 2 -inch pieces and set aside.*
- 4. Slice tomatoes and sprinkle with a touch of salt, set aside.*
- 5. Scoop 1 avocado into a bowl and mash with a fork.*
- 6. Sprinkle avocado spread with a little lime juice and a little salt and pepper to taste, set aside.*
- 7. Add quail egg into pan with a little olive oil (just to coat the pan) and cook sunny side up over medium-low heat for about 3-4 minutes.*
- 8. Toast bread or bagel to desired crispiness.*
- 9. **Layers:** bagel half, avocado spread, 1 tomato slice, bacon, quail egg on top garnished with arugula microgreens and serve!*

Enjoy!