Puka Egg Toast
(Bird’s Nest Egg)
Serves 1

1 each Egg
1 slice Whole wheat bread
1 tsp. Canola oil
Salsa Roja (recipe follows)
1 T. Cheddar cheese, grated

1. Preheat griddle or small skillet to med-low heat.
2. Cut out the center of the bread using a small cup and reserve.
3. Oil hot pan and place the bread down. Crack an egg into the hole cut out in the bread.
4. Cook until it turns white. Flip over to continue cooking until desired doneness.
5. Toast bread cut outs on both sides in pan. Serve as toast with prepared egg.
6. Top with salsa and grated cheese.

Salsa Roja

2 Tbsp Olive Oil
1/2 Onion, minced
1 clove Garlic, minced
1/2 Jalapeño, cored, seeded, and minced finely
2 each Tomatoes, cored and diced
1/2 each Lime, zested and juiced
1/4 cup Cilantro, chopped (optional)

1. Blend onions, and garlic, jalapeno, tomatoes, and lime zest and juice in a blender.
2. Sauté in 2 Tbsp. olive oil in a pan on medium high heat for 2 minutes to reduce, then toss in cilantro and mix well.
3. Serve 2 Tbsp. on top of eggs.
4. Sprinkle with cheese and serve