

HEALTHY BREAKFAST WITH KIELBASA SAUSAGE



By Food lovers recipes

HEALTHY BREAKFAST WITH KIELBASA SAUSAGE

Healthy breakfast: poached eggs, smoked kielbasa sausage with sautéed red onions, topped off with fresh avocado.

145 g smoked kielbasa sausage: 328 calories for 2 ppl

164 calories per person

Red onion : 140g : 51.8 calories

Poached egg: 71 calories : 213 calories for 3 eggs per person

Whole avocado : 322

calories

Lime juice : 1 tsp 1 calorie

Sourdough toast : 110 calories medium slice

Butter: 2 tsp : 68 calories

Heat pan with water and 1 tbsp white vinegar.

When water at medium heat, turn to low.

Add eggs. Don't stir. Just stick in a big spoon + and make sure eggs don't stick anywhere on bottom. Minimum action to secure whole eggs.

Scoop onto paper towel to drain. Add salt and pepper to taste.

Kielbasa:

Sauté onions and kielbasa in lime juice.

145 g smoked kielbasa sausage: 328 calories for 2 ppl

164 calories per person

Red onion : 140 g : 51.8 calories

Poached egg: 71 calories : 213 calories for 3 eggs per person

Whole avocado : 322 calories

Lime juice : 1 tsp 1 calorie

Sourdough toast : 110 calories medium slice

Butter: 2 tsp : 68 calories

Add fresh avocado to plate before serving.

Heat pan with water and 1 tbs white vinegar.

When water at medium heat, turn to low.

Add eggs. Don't stir. Just stick in a big spoon + and make sure eggs don't stick anywhere on bottom. Minimum action to secure whole eggs.

Scoop onto paper towel to drain. Add salt and pepper to taste.

895.8 calories per person.

We often have a huge breakfast, especially when we know we may have to work through lunch on a given day. This is a healthy way to give yourself that needed energy to sustain focus on work for a while.

Recipe and photo: Annie Goussard Newton