



## Poached Egg with Grapefruit

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### Info:

Makes 1 Servings      215 Calories per Serving

**LOW CAL**

### Ingredients:

- ❖ 1 Egg
- ❖ 1 Slice Whole Wheat Bread
- ❖ ¾ Cup Grapefruit Sections



### Preparation:

1. Bring 2 cups of water to boil in a small saucepan
2. Crack egg into a bowl and gently slide it into the pan
3. Let boil for 2 minutes, don't over-boil!
4. Use a large serving strainer to remove egg
5. Toast bread and serve egg on top or on the side

