

Toast with Ooj (avocado in Maya Mam)

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Yield 1 Serving



Ingredients

1 egg
1 slice of turkey ham
1 or 2 slices of whole wheat bread
1/2 avocado
1/2 teaspoon of vegetable oil
A pinch of salt
Pepper to taste

Directions

Toast the bread in a skillet or toaster.

Fry the egg in 1/2 teaspoon of oil. Add salt and pepper. Cook to taste.

Place the bread on a plate. Then add the ham slice, followed by the egg. Lastly, add the avocado slices.