

## Poached Egg and Arugula Salad

### Ingredients:

2 slices center cut bacon  
2 eggs  
1/8 sliced red onion  
5 cherry tomatoes, halved  
Handful of arugula  
Splash of vinaigrette  
Salt and pepper

### Instructions:

1. Line a plate with two paper towels. Place two slices of center cut bacon on the towels, not touching, and top with another two paper towels. Microwave for 2 minutes, check for desired doneness, and set aside.
2. In a small bowl, toss the arugula, cherry tomatoes, onion, and a very light splash of your favorite vinaigrette salad dressing. Transfer to a plate and crumble bacon over top.
3. Pour 1/2 cup of room temperature water into a thin-walled ceramic mug and crack in one egg. Cover and microwave for 60 seconds. NOTE: Depending on your microwave, mug size, egg temperature, and a million other factors, including desired done-ness, the time that you need to microwave your egg may vary!
4. Using a slotted spoon, transfer the egg to a paper towel and blot gently to remove excess water. Season with salt and pepper. Use the same spoon to transfer the egg to the salad.
5. Refresh your mug (running it under water to cool it down helps) and repeat steps 3 and 4.
6. Enjoy!

Katie's notes: There are so many methods of poaching eggs in the microwave out there- some people use vinegar, some insist on poking the egg with a toothpick. I've tried a bunch and this is what works for me. A good way to learn is to make eggs to eat on toast- a little under or over done and it's still fantastic, which I found to be less true on salad.