

Great salad for your GH diet

- 1 rice patties
- 1 tsp. of extra virgin oil
- 1 oz. of Feta cheese
- 1 egg
- 1 tsp. of lemon juice
- 1/4 tsp. of Dijon mustard
- 1/4 tsp. honey
- 1 1/2 cups of arugula
- 1/4 cup of red onion cut in small sliced
- 1 roman tomato sliced
- 1 Tbsp of chopped chives
- 1 Tbsp of chopped parsley

Mix mustard, olive oil, lemon juice & honey.

In a heated pan, crack the egg and cook to your taste.

Season with salt & pepper and place on top of your salad.

Remember eat very slowly.