

# Cowboy Brunch Bowls with Eggs

*This nutritious bowl is a great way to please savory breakfast lovers and provides extra vegetables to the start of your day!*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>40 MIN</b>
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## INGREDIENTS

1 strip	Bacon, preferably thick cut, cut into ¼" strips
1 medium	Shallot, sliced thin (or ½ an onion)
1 cup	Mushrooms, any variety, sliced thin
2 cups	Kale, de-stemmed or Spinach (fresh or frozen)
1 cup	Cherry Tomatoes, halved
¼ tsp	Kosher Salt
¼ tsp	Black Pepper, freshly cracked
4 each	Eggs
1 cup	Cooked Grain of Choice (Quinoa, Brown Rice, Farro, Wheat Berries, etc.)
2 cups	Roasted Carrots (2 medium) or Sweet Potato (1 medium) *see chef's notes at right
1 each	Avocado
2 Tbsp	Carrot Top Chimichurri (see separate recipe) or Fresh Salsa

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Select a large, deep sauté pan or cast-iron skillet with a lid. Set the lid aside for later.
2. Preheat the pan over medium-low heat.
3. Place the cut bacon into the pan, allowing bacon fat to render, stirring occasionally. Once the bacon is crisp, use a slotted spoon and remove it to a paper towel-lined plate. Reserve for garnishing.
4. Add the shallot or onion and mushrooms and sauté until browned, about 3-4 minutes
5. Add kale or spinach, cherry tomatoes, salt and pepper. Allow the kale to wilt and become tender and the tomatoes to cook and burst, about 5 minutes more.
6. While the vegetable mixture is cooking, prepare the garnishes: open, pit and slice the avocado and make the chimichurri sauce.
7. When the vegetables are almost done, use a large spoon to make 4 wells in the mixture and crack an egg into each well. Cover with a lid (or foil) and cook for 2-3 minutes for runny egg yolks or until eggs are set to taste. Sprinkle the reserved bacon crumbles evenly over the pan.

## CHEF'S NOTES

This recipe calls for roasted carrots or sweet potatoes and makes for a great use of any leftover roasted vegetables you have. If you don't have any, you can simply add your cut vegetables to a sheet tray and drizzle with ½ tsp olive or canola oil. Sprinkle with ¼ tsp salt and pepper to taste (feel free to add extra spices, too!) and roast in a 425°F oven for 15-20 minutes, tossing halfway through, until browned and tender.

8. To serve: Place ¼ cup of cooked grains into each bowl and add ¼ cup of roasted carrot or sweet potato, and top with about 1 cup of vegetable mixture and 1 cooked egg. Garnish each bowl with ¼ the avocado, thinly sliced and 2 Tbsp of the Chimichurri sauce. Enjoy!

Nutrition for recipe prepared with quinoa, roasted carrot and kale:

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving</b> 1/4 cup quinoa, 1 1/2 cup	
<b>Size</b> vegetables, 1 egg & 2 Tbsp Chimichurri (260 g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value *</b>	
<b>Total Fat 22g</b>	<b>29%</b>
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
<b>Cholesterol 190mg</b>	<b>63%</b>
<b>Sodium 510mg</b>	<b>22%</b>
<b>Total Carbohydrate 22g</b>	<b>8%</b>
Dietary Fiber 6g	22%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 11g</b>	<b>22%</b>
Vitamin D 1mcg	5%
Calcium 80mg	6%
Iron 2mg	13%
Potassium 700mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

