

Poached Egg on Greens

Serves: 2

This is a very quick, healthy breakfast, adding in vegetables to help you reach your “Healthy Plate” goals.

- 1 tsp cold-pressed Canola oil
- 1 small onion, chopped
- 8-10 mushrooms, sliced
- 2 Tbsp sun dried tomato, diced
- 1 clove garlic, minced
- 2 -3 c. fresh spinach (frozen is also okay)
- 2 Tbsp chicken stock
- 1 tsp Virgin Olive Oil
- 2 eggs, poached, preferably free range
- Salt & pepper to taste

Heat oil in skillet. Add onion, mushrooms, tomato, garlic and sauté for 3 – 5 minutes. Add chicken stock if needed to keep from burning. Add spinach and sauté another minute to turn spinach bright green. Place on serving plat and drizzle with olive oil. Top with poached egg. Season with salt and pepper. Serve with whole grain toast and fresh fruit.

