

# Power Greens Breakfast Bowl

## Ingredients:

- 2 C. Raw Mixed Greens
- 2 C. Sautéed Collard Greens
- 1 C. Sautéed Mushrooms
- 2 Eggs (Over Easy)
- 1 Ripe Roma Tomato
- 1/2 Ripe Avocado
- 2 Tbsp. Soy Aminos (or soy sauce)
- 4-5 Tbsp. Olive Oil
- Salt & Pepper to taste (optional)
- 2 Tbsp Vinaigrette salad dressing (optional)



## Directions:

Warm a non-stick skillet over medium-high heat. Place 2 tbsp. olive oil in the skillet after medium-high heat temperature is achieved. Place collard greens in the skillet and sauté until the collard greens wilt and become pliable and a deep rich green color. Add 1 tbsp. of Soy Aminos to the collard greens as they cook. Set cooked collard greens aside.

Next, return the skillet to medium-high temperature setting, add mushrooms to the skillet and sauté until the mushrooms become soft and slightly golden brown. Set mushrooms aside. Then return the add 1 tbsp of olive oil to the skillet, allow the skillet to reach medium-high temperature. Pan fry 2 eggs in the skillet for 1-2 minutes on each side, add salt and pepper to taste.

Then prepare your tomato and avocado by cutting it into spears.

Now, you are ready to layer your breakfast bowl. Grab a bowl, add the raw mixed greens salad as the base. Next, add the salad dressing and remaining tbsp of Soy Aminos over the mixed green salad and lightly toss. Then, add your cooked collard greens on top of the mixed green salad. Next, add your cooked mushrooms, fried eggs, tomato, and avocado on top of the collard greens. Add salt and pepper to taste. Enjoy!