

Healthy Hangover Helper

Protein, veggies and a little kick to help ease your hangover...the healthy way. Makes one HEARTY serving.



INGREDIENTS / Substitute as you wish and use what clean ingredients you already have in your fridge from my Clean Eating Shopping List!

☐ 4 Cage-free organic eggs, cracked into bowl.

☐ 1/2 Baked Sweet Potato, cubed.

☐ Cheese, amount and type to preference. (Field Roast Vegan Chao Slices are my FAVE. I use one slice.)

☐ 1/4 cup Chopped Poblano Peppers

☐ 1/4 cup Chopped Red Bell Peppers

☐ 1/2 to 3/4 cup Chopped Mushrooms (Shiitake, Cremini...something meaty and satisfying!)

☐ 1 cup Chopped Curly Kale

☐ 1/2 to 1 tablespoon Chopped Garlic

☐ 1/3 cup Chopped Green Onion

☐ 1/4 cup Fresh Cilantro

☐ 1/2 teaspoon Dried Oregano

☐ 1/2 to 1 teaspoon Chili Powder

☐ 1/4 teaspoon Ground Cumin

☐ 1/2 teaspoon Course Ground Pepper

☐ Sea Salt (to taste, a pinch or three...or four)

- ☐ 3 tablespoons Grapeseed Oil
- ☐ 1/2 small Lime, sliced in half
- ☐ 1/2 Avocado, sliced
- ☐ Optional: two tablespoons Frontera Steak Taco Sauce or corner packet of gluten free taco taco seasoning
- ☐ Optional: Fresh Thyme Sprigs
- ☐ Optional: 2 tablespoons Plain Cashew or Greek Yogurt
- ☐ Optional: pico de gallo or salsa for topping

INSTRUCTIONS

- ☐ Heat grapeseed oil in a skillet at medium low heat. Non-stick is easiest, but cast iron skillets ROCK.
- ☐ Add garlic, mushrooms, poblanos and bell peppers. Let soften for 1 minute. Turn down to medium low heat.
- ☐ Add green onion, stir in with chopped veggies.
- ☐ Add spices, except for the salt: oregano, chili powder, cumin, pepper.
- ☐ Add kale, saute with chopped veggie mixture to soften the kale.
- ☐ IF USING TACO SAUCE OR TACO SEASONING: Stir in to mixture.
- ☐ Pour eggs into skillet. DO NOT "SCRAMBLE". Let thicken a bit before gently moving around with a baker's spatula.
- ☐ Add sweet potato cubes.
- ☐ Add cilantro.
- ☐ Add cheese crumbles/tears/shreds. (I highly discourage buying pre-shredded cheese.)
- ☐ Sprinkle in sea salt and continue to slowly stir the eggs to cook evenly (and fold veggies evenly), to desired firmness.

TO SERVE

- ☐ Push eggs into bowl. Top with avocado slices, fresh cilantro, fresh thyme. Drizzle with yogurt and a squeeze of fresh lime juice. Top with a dollop of pico de gallo or salsa for extra kick!