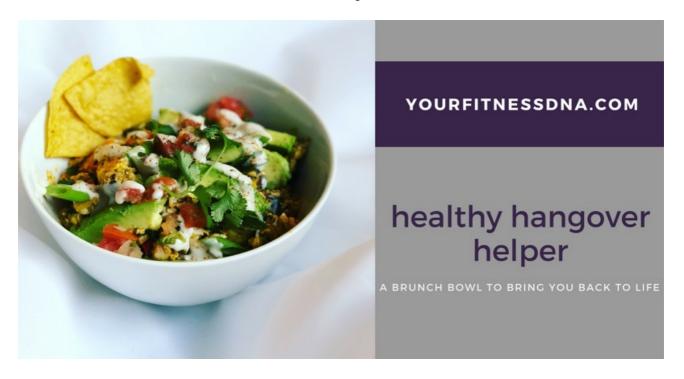
Healthy Hangover Helper

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, Creminisomething 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 threeor 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!
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