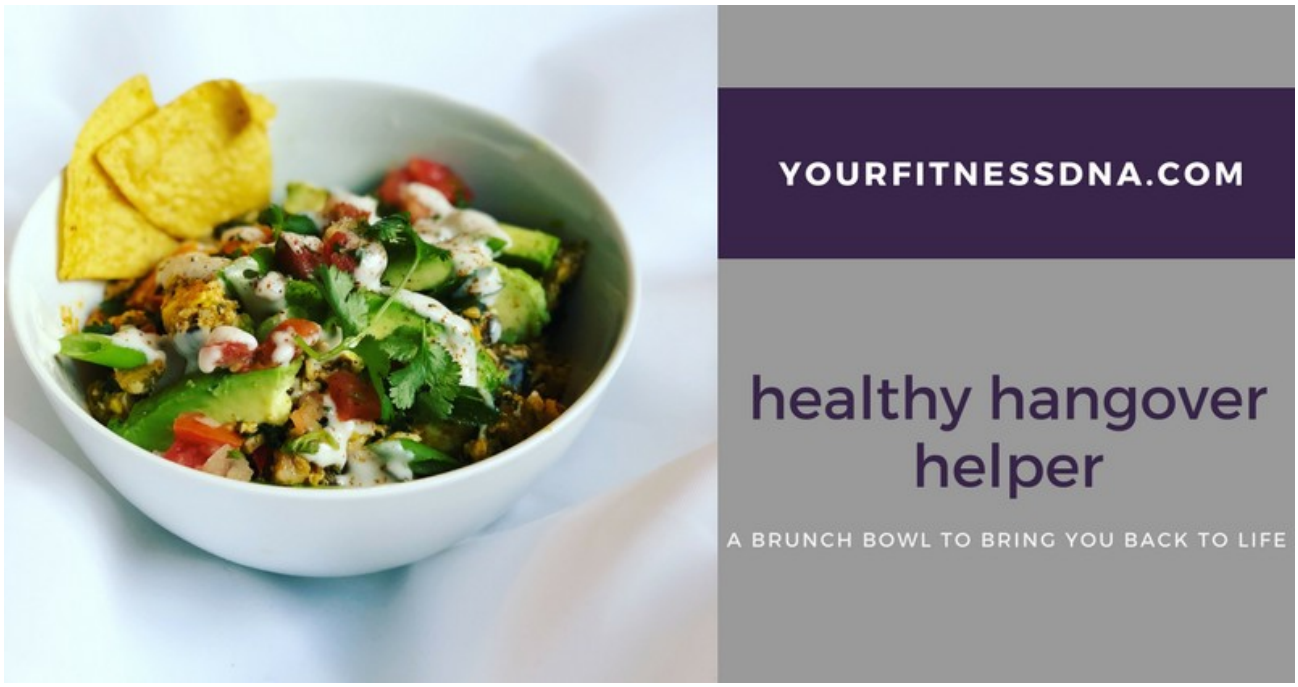
Healthy Hangover Helper

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!

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