



BREAKFAST SCRAMBLE SALAD

Makes 1 serving | Serving size: 1 scramble

PREP TIME

5 min

COOK TIME

10 min

TOTAL TIME

15 min

Salad's not just for lunch and dinner anymore! As you cook your eggs, keep the yolks soft, so they can drip over your salad like a dressing. It'll taste just like a classic breakfast scramble.

Ingredients

- ¼ medium sweet potato, peeled and chopped
- ¼ large red bell pepper
- 2 medium green onions, diced
- ⅛ teaspoon salt
- ¼ teaspoon fresh black pepper
- 1½ cups leafy greens
- 2 fried eggs (preferably soft so yolk acts like a dressing)
- 2 tablespoons salsa (optional)



Directions

1. Boil the potatoes for 6-8 minutes or until tender when pierced with a fork. If you're in a hurry, pierce the whole potato, unpeeled, with a fork first, then microwave for 2-3 minutes.
2. Sauté the bell pepper with the onions. Add the potatoes. Flavor with salt and pepper.
3. Top the greens with the potato mixture, fried eggs, and salsa, if desired.