



MEDITERRANEAN BREAKFAST BOWL

Makes 1 serving | Serving size: 1 bowl

PREP TIME

10 min

COOK TIME

15 min

TOTAL TIME

25 min

This breakfast bowl is loaded with Mediterranean flavors—perfect for any morning. During our Mediterranean diet experiment, we had to make sure we were getting plenty of veggies in, and that included breakfast!



Ingredients

- ½ tablespoon olive oil
- 1 cup sweet potato, cubed
- ¼ teaspoon garlic
- ¼ teaspoon pepper
- 2 cups baby arugula
- ¼ cup artichoke hearts, roughly chopped
- 2 tablespoons crumbled feta
- 5 Kalamata olives, chopped
- 2 tablespoons sun-dried tomatoes, roughly chopped
- 1 tablespoon capers
- 1 tablespoon lemon thyme, chopped
- 1 egg

Directions

1. In a small pan, heat up the olive oil, then pan fry the sweet potato for about 5–10 minutes until brown and soft.
2. Season with garlic, salt, and pepper.
3. To assemble the bowl, top the arugula with sweet potatoes, artichoke hearts, feta, olives, sun-dried tomatoes, capers, and lemon thyme.
4. Top everything with the egg, cooked to your liking.
5. Serve immediately.