

# Healthy Hangover Helper

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

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

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- 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
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## INSTRUCTIONS

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- Heat grapeseed oil in a skillet at medium low heat. Non-stick is easiest, but cast iron skillets ROCK.

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- Add garlic, mushrooms, poblanos and bell peppers. Let soften for 1 minute. Turn down to medium low heat.

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- Add green onion, stir in with chopped veggies.

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- Add spices, except for the salt: oregano, chili powder, cumin, pepper.

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- Add kale, saute with chopped veggie mixture to soften the kale.

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- IF USING TACO SAUCE OR TACO SEASONING: Stir in to mixture.

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- Pour eggs into skillet. DO NOT "SCRAMBLE". Let thicken a bit before gently moving around with a baker's spatula.

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- Add sweet potato cubes.

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- Add cilantro.

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- Add cheese crumbs/tears/shreds. (I highly discourage buying pre-shredded cheese.)

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- Sprinkle in sea salt and continue to slowly stir the eggs to cook evenly (and fold veggies evenly), to desired firmness.

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## TO SERVE

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- 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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