

Green Eggs

Breakfast for dinner? Yes - and often when you're recovering from mold.

The beautiful thing about eggs is that they're a miraculously nutritious food, super quick to prepare, *and* they pair well with all sorts of greens.

This quick little dish is one we made frequently when we were going through remediation, we only had a hot plate because our kitchen was demolished, and no one had the energy to make dinner. It's prepared in about 10 minutes, and it doesn't dirty many dishes to be washed in the tub later.

While many yummy egg dishes include mushrooms, these are best avoided in the early stages of mold treatment. They can be tried once you know you broke the mold.

Be sure to use cage-free eggs (more so than organic) so we know the chickens were living their best life and producing the happiest, healthiest eggs.

SUPPLIES

Small mixing bowl (optional)

8" sauté pan

Cutting board

Wire whisk

Kitchen knife

Spatula

INGREDIENTS

2 eggs

- Kale

- Basil

1 Tbsp olive oil

- Spinach

- Flat-leaf parsley

Salt & pepper to taste

- Chard

- Tomato

Fresh veggies of choice

- Leeks

- Hot pepper

- Bell pepper

- Chives

Goat cheese (optional)

DIRECTIONS

1. Place the eggs into a small mixing bowl and scramble, or in a pinch, scramble right in the frying pan.
2. Prep left-over fresh vegetables, cutting harder vegetables into smaller pieces for quick cooking.
3. Heat olive oil in sauté pan on medium heat.
4. Add firmer veggies like kale and leeks, sauté for 3-5 minutes. Add water to prevent burning.
5. Add mildly firm veggies, like peppers, and sauté for 2-3 minutes.
6. Add scrambled eggs.
7. Add basil or whatever leafy green you have on hand.
8. Sauté until eggs are the desired consistency.
9. Pairs nicely with fresh tomato and goat cheese.