

CONQUERING SUGAR

Bird's Nest Breakfast

(serving size noted is for one person – multiply as needed)

This healthy fast breakfast can cook while you are getting ready for work in the morning – the “nest” on the outside can be made of any non-starchy veggies you like....with the bird eggs dropped into the center.

Ingredients:



- 1-2 T of cooking fat – butter, ghee, red palm oil, coconut oil, lard, etc.
- 1-2 ounces of pre-cooked animal meat – ham, beef, chicken, etc.
- 2 cups of any non-starchy veggies you like (examples: zucchini, onions, broccoli, peppers, mushrooms, tomatoes, bok choy, celery, radishes...)
- 1-2 Eggs (chicken, duck, goose, quail, etc)

Method:

- Melt cooking fat in a small skillet.
- Add veggies and meat and stir to coat with the cooking fat.
- Cover, and cook on low heat for about 5-10 minutes.
- Remove lid, and using a spoon or fork pull the veggie/meat mixture to the sides of the skillet...leaving a “hole” in the middle.
- Add a bit more cooking fat into the hole, and let it melt.
- Then crack the egg and place it into the hole.
- Cover, and cook on low heat for 3-4 minutes.
- Slide the whole Bird's Nest intact onto your serving plate.
- Salt to taste at the table, using a high-quality sea salt.



Enjoy!