



Vegetable Bowl with Fried Eggs

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 1

Nutrition Information Per Serving

606.6 calories, 31.06 g carbohydrate, 9.92 g fiber, 21.14 g NET carbs, 26.85 g protein, 44.28 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1/2 cup(s), chopped organic celery
- 1 medium cucumber, peeled and sliced
- 1 medium organic red onion, sliced
- 1 medium organic green bell pepper, sliced
- 1/2 cup(s) cherry organic cherry tomatoes, sliced
- 3 large(s) organic eggs
- 1 Tbsp lemon juice
- 1/2 tsp(s) fresh ground pepper, to taste
- 2 Tbsp(s) extra virgin olive oil
- 4 cup(s) organic baby spinach

Preparation

1. Toss the vegetables in a large bowl with 1 tablespoon olive oil and the lemon juice.
2. Heat remaining oil in a large skillet until hot.
3. Add the eggs and fry to your liking.
4. Season with salt and pepper and add to the salad.

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