



Avocado Sweet Potato Toast with Poached Egg

2 servings
 15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens: Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free: Skip the eggs and top with hemp seeds instead.



Asparagus Salad

4 servings
 30 minutes

Ingredients

3 cups Asparagus
 1 Lemon (juiced and divided)
 4 Egg
 1/4 cup Extra Virgin Olive Oil
 4 cups Arugula
 1/2 Cucumber (diced)
 2 stalks Green Onion (diced)
 1 Avocado (peeled and diced)
 1/4 cup Goat Cheese (crumbled)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Hard boil your eggs and set aside to cool.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water, half the lemon juice and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Peel the hard boiled eggs and chop eggs into quarters.
- 4 Create the dressing by combining olive oil and remaining lemon juice in a jar and shake well.
- 5 In a large salad bowl, combine the arugula, cucumber, green onion and avocado. Top with the chopped asparagus and hard boiled eggs. Sprinkle with goat cheese. Drizzle dressing evenly across and season with sea salt and pepper. Toss well and divide into bowls. Enjoy!

Notes

Egg-Free: Add diced chicken instead.

Vegan: Use chickpeas instead of eggs.



BBQ Chimichurri Chicken and Sweet Potato Wedges

4 servings
 30 minutes

Ingredients

1/2 cup Red Wine Vinegar
 1 cup Parsley (thick stems removed)
 1/4 cup Fresh Oregano
 4 Garlic (cloves)
 3/4 cup Extra Virgin Olive Oil (divided)
 1 tsp Sea Salt
 1 1/4 lbs Chicken Breast (skinless, boneless)
 2 Sweet Potato (medium, peeled and cut into wedges)

Directions

- 1 Add vinegar, parsley, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 In a large bowl, coat chicken breasts in half the chimichurri sauce and set aside. In a separate bowl, coat sweet potato wedges in the remaining olive oil.
- 3 Preheat grill on medium heat. Grill the chicken breasts until cooked, about 10 to 12 minutes each side. Grill the sweet potato wedges on all sides, about 10 minutes total.
- 4 Transfer to plates and top with desired amount of chimichurri. Enjoy!

Notes

Make it Spicy: Add a chili pepper or red pepper flakes to the chimichurri.

Storage: Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.