**Eggs Over Potatoes**

**2 servings
20 min. prep time**

* 4 free-ranged eggs
* 4 red potatoes
* 1 avocado
* 1 handful greens
* 1 cup mushroom
* 1 medium heirloom tomato
* 1 tbsp coconut oil
* 1-2 fresh minced garlic cloves
* ¼ cup pickled red onion
* ½ minced jalapeno
* 1 tbsp minced shallot
* 2 sprigs cilantro
* ½ tbsp chipotle or cajun spice
* 2 tsp turmeric
* 1-2 tsp cayenne
* 1 tsp chili flakes
* pinch himalayan pink salt
* pinch of black pepper

**optional additions:**

* 2 cups vegetables
* ½ cup local, raw goat cheese
1. Prepare a pot of water and set it on a simmer.
2. While waiting for the water to boil prepare your choice of local vegetables, potatoes, mushrooms, garlic, onion, shallot and greens.
3. Once the water reaches a boil begin steaming potatoes. Allow to cook for 7 minutes.
4. If you are cooking 2 cups of local vegetables, prepare them as necessary using the guide on this page: <http://www.mindfulwellness.us/conscious-cooking.html>
5. While potatoes (and vegetables) are steaming lightly sauteed any further vegetables, mushrooms, garlic, jalapeno and shallot in spices.
6. When potatoes are finished set aside on plate and throw in kale in the pot to steam for 5 minutes.
7. At this point, cook your eggs to your liking (fried, poached, over easy, over medium, etc).
8. Once the eggs, kale, veggies and potatoes are all complete you are ready to plate.
9. Start by creating a bed of potatoes, add kale, tomato, pickled red onion, mushrooms and eggs on top.
10. Lastly, plate your vegetables if you chose to make any on the side and enjoy!

*Tips:*

* If you have access to a local, organic and raw source of goat cheese this makes a nice addition. Place on top of the potatoes to make them cheesy!