



# Recipes

## Breakfast

### Poached Eggs on Roasted Veggies

*Prep and Cook Time: 10 minutes*

*Yield: 2 servings*

#### **Ingredients:**

2 large organic free range eggs

1 teaspoon freshly squeezed lemon juice

Roasted veggies of your choice (leftovers are great!)

#### **Directions:**

1. Fill a 9-inch saucepan with 1 inch of water. Add lemon juice and bring to a boil.
2. Poach eggs in water and lemon mixture.
3. Place eggs on top of the warmed roasted vegetables.
4. Enjoy!!