



# Recipes

## Breakfast

### **Fried Eggs over Spinach and Mushrooms**

*Prep Time: 20 minutes*

*Yield: 2 servings*

#### **Ingredients:**

- 3 cups spinach
- 1 medium onion, cut up
- 6 fresh shiitake mushrooms, cut up
- 4 organic omega-3 rich eggs
- 1 tablespoon extra virgin olive oil

#### **Directions:**

1. Slice onions, mushrooms and spinach.
2. Sauté vegetables in olive oil over medium heat, until soft and slightly brown.
3. Fry two eggs over easy and enjoy on top of sautéed vegetables.