

Paleo Kale/Sweet Potato Salad & Poached Eggs Recipe

The Ingredients:

- **1 cup steamed Organic Shredded Kale**
- **2 medium Organic Sweet Potatoes or 1 large Sweet Potato**
- **1 pinch of salt**
- **1/2 teaspoon of onion powder**
- **1/2 teaspoon of garlic powder**
- **1/2 teaspoon of crushed black pepper**
- **3 tablespoons of coconut oil or other desired oil**
- **2 Organic/Cage-free Eggs**

Instructions:

- 1.) Peel and slice Sweet Potatoes into 1/4 inch slices (Definitely can bake and prep these for the week before hand. Just brown in pan every morning).
- 2.) Cook or Brown Sweet Potato Fries til crispy in coconut oil.
- 3.) Add Shredded Kale.
- 4.) Create a well in the middle and crack eggs over Kale and Sweet potato fries salad, Add 1 tablespoon of water.
- 5.) Put lid on and allow to steam for 10-15 minutes, till Kale and eggs are cooked through.
- 6.) Drizzle some Sriracha sauce or hot sauce.

Enjoy!

