southern breakfast bowl



prep time:
20

featured product:
SUPERGREENS!

grits with black-eyed peas, sautéed super greens, with tomatoes and onions - topped with a fried egg and optional turkey bacon. This is a hearty traditional southern breakfast that is being updated by being served as a bowl and by the healthy addition of sautéed super greens.

ingredients

yield: 4 servings

1 cup grits, quick cooking or regular
1 cup black eyed peas, canned or cooked
2 -5 ounce packages of **organicgirl SUPERGREENS**
2 plum tomatoes, diced
1/2 medium red onion, diced
2 tablespoons olive oil
1 tablespoon cider vinegar
4 large eggs
4 strips of turkey bacon
2 scallions, thinly sliced
2 ounces cheese, shredded (we used aged gouda), optional
salt and black pepper to taste

directions

cook grits according to package instructions.

1. while grits are cooking, heat 1 tablespoon of olive oil in a medium skillet and cook onions for five minutes until softened. add tomatoes, salt and pepper to taste, and continue cooking for 2-3 minutes until heated through. remove tomatoes and onions to a small bowl and set aside.

2. clean the skillet and cook turkey bacon for 2-3 minutes, turn and continue to cook until lightly browned and cooked through. drain on paper towels.

3. add remaining tablespoon olive oil and the cider vinegar to the skillet. cook super greens over medium heat just until wilted.

4. clean skillet and fry 4 eggs, sunny side up or over easy.

5. divide cooked grits between 4 bowls. top each with a portion of black eyed peas, tomatoes, 2 strips of turkey bacon and an egg.

6. season with salt and pepper. sprinkle scallions and cheese over all, if using, and serve.

nutrition

Southern Breakfast Bowl
Calories: 318
Total Fat: 18.2g.
Saturated Fat: 5.9g.
Cholesterol: 216mg.
Sodium: 326mg.
Total Carbohydrate: 22.4g.
Dietary Fiber: 2.5g.
Total Sugars: 3.8g
Protein: 17.7g