



Bacon Brussels Sprouts and Poached Eggs

Active Time: 5 minutes | **Total Time:** 15 minutes | **Serves:** 1

Nutrition Information Per Serving

376.3 calories, 16.58 g carbohydrate, 4.89 g fiber, 11.69 g NET carbs, 25.27 g protein, 24.25 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 cup organic Brussels sprouts, shredded
- 3 large(s) pastured eggs
- 1 whole shallot, minced
- 2 slice(s) pastured bacon, diced
- 1/2 tsp(s) fresh ground pepper, to taste
- 1/3 Tbsp(s) organic apple cider vinegar

Preparation

1. Heat a skillet over medium heat and add the bacon and shallots.
2. Cook until crisp and add the sprouts.
3. Cook until sprouts are soft, and season with salt and pepper.
4. Add the vinegar.
5. Before serving, crack the eggs in a small bowl one at a time.
6. Bring a pan of water to a simmer.
7. Carefully add the eggs and turn off the heat.
8. Cook for 4 minutes.
9. Remove with a slotted spoon and serve on top of the vegetables.

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