



Herbed Vegetable Breakfast Skillet

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 1

Nutrition Information Per Serving

156 calories, 13.64 g carbohydrate, 4.55 g fiber, 9.09 g NET carbs, 6.09 g protein, 9.6 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 medium organic carrot, sliced
- 2 slice(s) pastured bacon, sliced
- 1/2 tsp(s) ground sage
- 2 cup(s) organic baby spinach
- 1/2 tsp(s) organic dried thyme
- 1/4 cup(s) sliced organic onion, sliced
- 1/2 cup(s) organic baby bella mushrooms, sliced

Preparation

1. Heat a skillet over medium heat and add the bacon.
2. Cook until crisp and add the onions, carrots, and mushrooms.
3. Cook until soft and stir in the spinach and spices.
4. Season with salt and serve.

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