



Arugula and Pepper Salad with Poached Eggs

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

Nutrition Information Per Serving

593.7 calories, 29.16 g carbohydrate, 7.12 g fiber, 22.04 g NET carbs, 24.15 g protein, 44.23 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 medium organic carrot, grated
- 1 medium organic red bell pepper, sliced
- 1 whole, large organic yellow bell pepper, sliced
- 3 large(s) organic eggs
- 1 Tbsp lemon juice
- 3 cup(s) organic baby arugula
- 1/2 tsp(s) fresh ground pepper, to taste
- 2 Tbsp(s) olive oil
- 1/3 Tbsp(s) apple cider vinegar

Preparation

1. Add the olive oil and lemon juice to a large bowl with a pinch of salt and pepper.
2. Add the vegetable and toss to coat well, set aside.
3. Bring a pan of water to a simmer and add the vinegar.
4. Crack the eggs in a small bowl one at a time.
5. Carefully add the eggs to the water and turn off the heat.
6. Cook for 4 minutes.
7. Remove with a slotted spoon and serve on top of the vegetables.

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