

Recipe

# Mediterranean Breakfast



Ready in **20 minutes**

Serves:

## Ingredients

- 1 large potato chopped into bite-size pieces
- 2 Tbsp olive oil
- 2 tomatoes chopped into bite-size pieces
- 2 cloves minced garlic
- 4 large eggs
- ½ cup asparagus or other green veggie
- 1 Tbsp catsup
- Garlic salt to taste
- Garnish with kale or other green veggie

## Preparation

1. Fry potatoes in 2 Tbsp olive oil until medium soft, about 6 minutes on medium high
2. Add tomatoes and fry for another 2-3 minutes.
3. Add garlic, stir well.
4. Add eggs in 4 different spots. Liquid from the tomatoes will poach the eggs. Cook until eggs are still runny inside, or to your preference.
5. Garnish with previously cooked kale, or other favorite veggie

## Tips

I like looking through my fridge for ingredients to add to this meal. I had left over roasted kale and it made a lovely addition.

## Spiritual Message in this recipe

We have all the ingredients for success and happiness within us. Using what is inside your fridge symbolizes using what's inside ourselves. We are more capable than we realize.