

## Pan Crisped Greens With Eggs and Sweet Potato

-1 tablespoon organic, extra virgin coconut oil (or other high heat oil)  
-2 handfuls of chopped organic greens (try a mixture of kale, radish greens, collards)  
-2 eggs  
-1 small or 1/2 large organic sweet potato, baked or steamed and then sliced and drizzled with a little coconut oil, if desired  
coarse sea salt and freshly ground black pepper- to taste  
-any other seasonings you like ex. a squeeze of fresh lemon juice for the greens, hot sauce, etc- optional

1. Heat oil in a cast-iron skillet. When the pan is very hot, add the greens. Cook for several minutes, stirring sporadically, allowing them to crisp in the hot pan.
2. Break the eggs into the pan over the greens and turn the heat to very low. Cover the pan and allow the eggs to cook for 3-5 minutes, until done to your liking.
3. Using a large spatula, transfer the greens with the cooked eggs on top to your plate. Season to taste with salt, pepper, etc., and serve with sliced sweet potato.

Nutritional Facts: 408 Calories, 33 Carbs, 25g Fat, 18g Protein, 214 mg Sodium, 5g Sugar