

Breakfast egg with Mixed Green Salad

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-red-beans-swiss-chard-recipe>

Ingredients:

- salad Ingredients:
- 2 cups microgreens
- 1 cup red chard Baby
- 1 cup cilantro
- 1 cup red beans Canned, quickly wash to remove salt residue
- 1 cup blackberries Fresh, or any berries of your choice
- 1 whole acorn squash medium, sliced
- 1 tablespoon olive oil
- 1/3 teaspoon salt
- 1 pinch ground black pepper
- 1/2 teaspoon lemon zest
- 1/2 teaspoon lemon pepper ground, no salt and no sugar. Product recommendation : Ground Lemon Pepper from Trader's Joe.
- 2 eggs fresh
- salad dressing Lemon, Ingredients:
- 1/2 teaspoon grated lemon zest
- 2 tablespoons lemon juice fresh squeezed
- 1 teaspoon honey
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon sea salt
- 4 tablespoons olive oil
- 1 pinch ground black pepper to taste

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 210 milligrams

4. Fat: 47 grams
5. Fiber: 21 grams
6. Protein: 31 grams
7. SaturatedFat: 8 grams
8. Sodium: 870 milligrams
9. Sugar: 11 grams

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