



# Sunshine in the Meadow

Servings: 2

## Ingredients:

- 2 tablespoons oil, such as olive, avocado, or grapeseed
- 2 tablespoons yellow onion finely chopped (or ½ tsp. onion powder)
- 1 clove of garlic, minced (or 2 pinches of garlic powder)
- 4 cups of greens of your choice (spinach, chard, kale, bok choy, collards, broccoli) torn or cut into bite-size pieces
- 1-2 tablespoon. of water
- 2 pinches of dried thyme leaves
- 2 whole eggs (preferably from pastured hens or from organically fed, free range hens)
- Salt and pepper to taste

## To prepare:

1. In a medium skillet, heat 1 tablespoon of oil on medium. Put a piece of onion in the oil. When it begins to sizzle, turn the heat to medium high and add the rest of the onions. Sauté until light golden brown.
2. Add minced garlic and sauté another 30 seconds.
3. Add the greens and sauté until they turn bright green. Add 1-2 tbsp. of water.
4. Add the thyme, salt and pepper, and mix with greens.
5. Divide the greens in the pan, into 2 mounds, and open a circle in the middle of each mound.
6. Add the remaining oil to each circle then carefully crack an egg into each circle.
7. Reduce heat to medium low and cover the pan with a well-fitting lid. Allow the eggs to steam until the whites are thoroughly cooked and the until yolk is done as desired.
8. Divide sunshine in the meadow onto 2 plates and serve hot.



## Additional comments and tips from Chef Laura Pole:

- Some of the goodness in broccoli and other cruciferous vegetables are gained from cooking it.
- If you rub dried or fresh herbs between your fingers, it is going to pull out more oils and add more flavor to your food.