

Cauliflower Hash Brown Breakfast Bowl

Ingredients

½ avocado

½ lime or lemon

garlic powder, sea salt, and pepper, to taste

2 eggs

extra virgin olive oil

1½ cups cauliflower rice*

4 oz mushrooms, sliced

1 small handful baby spinach

1 green onion, chopped

salsa




Makes 1 serving

Total time: 15-20 minutes

Preparation

Place avocado, lime or lemon juice, garlic powder, sea salt, and pepper to taste to a small bowl, mash with a fork and set aside. Whisk eggs in a small bowl and set aside. Heat a drizzle of extra virgin olive oil in a skillet over medium-high heat. Add cauliflower, seasoned with garlic powder, sea salt, and pepper, sauté until crisp-tender, 4-5 minutes. Scoop cauliflower into your serving bowl and set aside. Turn stove down to medium heat.



Add mushrooms and sauté until they release their water and are golden brown. Add whisked eggs to the mushrooms, and lightly scramble. Then add the green onions and baby spinach. Sauté until spinach is barely wilted, 30 seconds. Scoop mushroom-egg-spinach mixture on top of sautéed cauliflower hash browns then top with mashed avocado and salsa.

*Use a food processor to make the cauliflower rice, or mash finely by hand. This meal can be eaten for lunch and supper as well.

-By <http://iowagirleats.com/2017/04/04/very-veggie-cauliflower-hash-brown-breakfast-bowl/>