

# EATING CLEAN

## *Cooking Dirty*

### **BLTA Breakfast Bowl**

Active Cooking Time: 10 minutes

Passive Cooking Time: N/A

#### **INGREDIENTS**

- 1-2 Bunches Kale
- 1-2 PKG Uncured Bacon (no sugar)
- 1 Pint Cherry Tomatoes
- 2 Avocados
- 1 Dozen Eggs

#### **TOOLS**

- 1 Small-Medium Pyrex Container with Lid

#### **DIRECTIONS**

- Heat a large sauté pan over medium heat. Using kitchen scissors, cut the bacon into ½" – 1" pieces right into the hot pan. Cook until crispy, pour bacon and fat into a Pyrex (glass) container with lid. Refrigerate up to 7 days.
- Rough chop ¼ - ½ of a bunch of kale per person. Take out ¼ - ½ cup cherry tomatoes per person.
- Heat a large sauté pan over medium heat, scoop out 2 TBS of cooked bacon with fat into the pan and heat until sizzling. Add the kale and tomatoes, sauté for 3 minutes.
- Transfer kale, tomatoes and bacon to a bowl and return pan to the stove.
- Fry the number of eggs desired and top the kale with them.
- Add ¼ to ½ an avocado to each bowl as desired. Serve!