

Sunny Side Up Eggs with Veggies

2 free-range eggs

1 1/2 cup roasted veggies or any type cooked veggies you currently have on hand

2 teaspoons extra-virgin olive oil or coconut oil

Himalayan sea salt and pepper, to taste

2 slices of bell pepper, optional

1. In a medium pan, heat the olive oil over medium heat. Place the bell pepper rings on the pan. Carefully break the eggs in half and drop them directly into each ring.
2. In the meantime, warm up the veggies and place them onto a serving plate.
3. Once the eggs are set, season with salt and pepper and transfer to the plate with veggies.

