

Mark's Kitchen

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Buttery Broccoli and Spinach with Fried Eggs

Serves: 4

Ready in: 30 minutes

Time for a sneak peek from my new book, [Eat Fat, Get Thin Cookbook!](#) This dish is the perfect way to power up before a long day. It includes my favorite combination of greens, fat, and protein and makes for a comforting, hearty breakfast. I recommend cooking the eggs sunny-side up so that the yolks, when broken, act as a sauce for the vegetables.

For more delicious recipes like this, order the [Eat Fat, Get Thin Cookbook](#) today!

Ingredients:

- 8 ounces broccoli (1 $\frac{1}{4}$ cups), stems peeled and cut into $\frac{1}{4}$ -inch-thick rounds, florets cut into bite-size pieces
- 1 $\frac{1}{2}$ tablespoons Ghee
- $\frac{1}{2}$ yellow onion, sliced thin
- 2 garlic cloves, minced
- 4 cups baby spinach
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 tablespoon unsalted, grass-fed butter
- 4 large eggs
- 2 avocados, pitted, peeled, and cut into slices

Step 1: In a medium saucepan, bring 4 cups of filtered water to a boil over high heat. Add the broccoli. Use a spatula to keep the broccoli submerged in the water and cook until tender, 2 to 3 minutes. Using a slotted spoon, transfer the broccoli to a plate.

Step 2: In a large sauté pan, warm the ghee over medium-high heat until melted. Add the onion and cook, stirring occasionally, until softened, 3 to 4 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Add the spinach and the cooked broccoli and stir to incorporate. Sprinkle the salt and the pepper on top and stir to combine. Remove from the heat and cover to keep warm.

Step 3: In an 8-inch skillet, warm the butter over medium heat until foaming. Carefully crack an egg into each quadrant of the pan and cook until the egg whites are fully set but the yolks are still runny, 3 to 4 minutes. (For over-easy eggs, use a metal spatula to gently flip each egg and cook for 1 minute.)

Step 4: Divide the vegetable mixture among 4 plates, and top each portion with an egg. Garnish with the avocado slices, dividing them evenly, and serve.

Nutritional analysis per serving: Calories: 290, Fat: 23 g, Saturated Fat: 7 g, Cholesterol: 187 mg, Fiber: 11 g, Protein: 12 g, Carbohydrates: 15 g, Sodium: 721 mg