

Protein-Packed Breakfast Plate with Eggs, Avocado & Veggies

Start Your Morning Right with a Healthy Breakfast Plate ???



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4 min

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INGREDIENTS

Eggs:

2 eggs

1 tsp butter or olive oil

... tsp salt

... tsp black pepper

Mushrooms:

1/2 cup mushrooms, sliced

1 tsp olive oil

1/2 tsp garlic powder

Spinach:

1 cup fresh spinach

1/2 tsp olive oil

Tomatoes:

2 small tomatoes, halved

Toast & Avocado:

1 slice whole-grain bread, toasted

1/2 avocado, sliced

1/2 tsp lemon juice (optional)

Garnish:

1 tsp fresh parsley, chopped (optional)

Directions:

1 Prepare the Eggs:

2 Sauté the Mushrooms:

3 Sauté the Spinach:

4 Grill the Tomatoes:

5 Toast the Bread & Prep Avocado:

6 Assemble Your Plate:

Tips for a Great Breakfast Plate:

Serving Suggestions:

A glass of blueberry lemonade

Herbal tea or black coffee for a clean, satisfying sip

Sheet pan quesadillas for brunch-style variety

A spoonful of light chicken salad for a protein-rich addition

Storage & Meal Prep:

Best fresh: This dish is ideal when made and served immediately.

DIRECTIONS

1. Prepare the Eggs: Heat butter or olive oil in a non-stick pan over medium heat. Crack in the eggs and cook for 3-4 minutes until the whites are set but yolks are still runny. Season with salt and pepper.
2. Sauté the Mushrooms: In a separate pan, heat olive oil. Add sliced mushrooms, garlic powder, salt, and pepper. Cook for 4-5 minutes until browned and tender.
3. Sauté the Spinach: Add spinach to the pan with olive oil, salt, and pepper. Cook for 2 minutes until wilted.
4. Grill the Tomatoes: In a small pan, heat olive oil and place halved tomatoes face-down. Cook for 2-3 minutes until lightly browned and softened. Season.
5. Toast the Bread & Prep Avocado: Toast the bread until golden. Slice the avocado and season with salt, pepper, and lemon juice, if using.
6. Assemble Your Plate: Place the eggs, mushrooms (on toast), spinach, grilled tomatoes, and avocado on a plate. Garnish with fresh parsley and serve immediately.
7. Tips for a Great Breakfast Plate: ? Use fresh ingredients for the best flavor and nutrition.? Swap in veggies you love-zucchini, kale, or bell peppers all work.? Add protein like smoked salmon, tofu, or chickpeas if you want more variety.? Make it vegan by using plant-based eggs and butter.
8. Serving Suggestions: Enjoy this plate with:
9. A glass of blueberry lemonade

10. Herbal tea or black coffee for a clean, satisfying sip
11. Sheet pan quesadillas for brunch-style variety
12. A spoonful of light chicken salad for a protein-rich addition
13. Storage & Meal Prep: Best fresh: This dish is ideal when made and served immediately.
14. Make ahead: Pre-slice your mushrooms, tomatoes, and avocado for a faster cook time.
15. Leftovers: Store cooked vegetables and eggs in airtight containers for up to 2 days. Toast and assemble fresh for best results.
16. More Healthy Recipes You'll Love: If you're building better breakfasts or want more fresh ideas, check out:
17. These 3-: Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time Saver
18. This : One-Pan Breakfast Bake Will Make You Skip
19. A Light : Tangy Chicken Salad I Actually Crave (And There's No Mayo in Sight)
20. This : Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days
21. These : Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast
22. Final Thoughts: This Healthy Breakfast Plate proves that eating well doesn't mean sacrificing flavor. It's colorful, satisfying, and packed with everything your body and taste buds crave to start the day right. Whether you're serving it for a mindful solo breakfast or impressing brunch guests, it's a recipe you'll return to again and again.
23. Tried it? Share your favorite toppings or veggie swaps in the comments and tag your creations-because mornings deserve more than cereal. ???

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Original recipe: <https://chefmaniac.com/protein-packed-breakfast-plate-with-eggs-avocado-veggies/>