

Sunrise Power Plate: Healthy, Energizing Breakfast & Dinner Idea

golden, runny yolks of the sunny-side-up eggs



OVEN
400°F

TIME
45 min

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Recipe Card

SAVE
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INGREDIENTS

- 2 eggs (for frying sunny-side-up)
- 1/2 avocado, halved and sprinkled with hemp seeds
- 1/2 sweet potato, roasted and mashed slightly
- 1/2 cup sautéed mushrooms
- 1/2 cup wilted spinach
- 1 tsp olive oil or butter (for cooking)
- Salt & black pepper to taste

Swaps and Notes:

Eggs: Sunny-side-up eggs are visually appealing and offer a runny yolk, but you can also make them fried over-easy, poached, or even scrambled.

Avocado: Choose a ripe avocado for creaminess. Hemp seeds add a boost of healthy fats and protein, but chia seeds or flax seeds can be used as well.

Sweet Potato: Roasting enhances its natural sweetness. You can roast a whole sweet potato and use half, or prepare smaller portions. Other roasted root vegetables like parsnips or carrots could be substituted for variety.

Mushrooms: Brown mushrooms (cremini) or white button mushrooms work well. Sliced portobello mushrooms could also be a hearty choice.

Spinach: Fresh baby spinach wilts quickly. Kale (massaged first) or Swiss chard could be used for a more robust green.

Olive Oil or Butter: Either works well for cooking the eggs, mushrooms, and spinach, adding flavor.

DIRECTIONS

1. Let's assemble this vibrant, wholesome power plate!
2. **Roast the : Sweet Potato:** Preheat your oven to 400°F (200°C). Wash the sweet potato thoroughly. You can peel it or leave the skin on for extra fiber. Cut the sweet potato in half lengthwise (or into smaller wedges). Place on a baking sheet and roast for 40-45 minutes, or until it is fork-tender and slightly caramelized. This "sweet, slow-carb superstar" is perfect for clean eating wins, providing sustained energy. Once roasted, remove from oven and mash slightly with a fork.
3. **Fry the : Eggs Right:** While the sweet potato roasts, heat a nonstick pan over medium heat with a touch of olive oil or butter (about 1/2 tsp). Crack two eggs into the pan. Cook sunny-side-up until the whites are set and the yolks are still wonderfully golden and runny. The runny yolks are perfect for that satisfying breakfast vibe, mingling with the other ingredients.
4. **Sauté the Mushrooms:** In the same pan (or a separate small skillet) with another touch of olive oil or butter (about 1/2 tsp), add the 1/2 cup of sliced mushrooms. Pan-fry them over medium-high heat until they are beautifully browned and caramelized. They bring a hearty, umami-packed bite that levels up this balanced plate.
5. **Wilt the : Spinach:** Quickly add the 1/2 cup of fresh spinach to the hot pan with the mushrooms (or a separate pan) with just a pinch of salt. Sauté for only 1-2 minutes until the spinach is just tender and wilted. This nourishing green touch is full of vitamins and freshness.

6. Assemble and : Finish: Now for the beautiful plating! On your serving plate, artfully arrange the roasted sweet potato, sautéed mushrooms, and wilted spinach. Place the perfectly fried sunny-side-up eggs on top. Halve the 1/2 avocado and place it in the center of the plate (or alongside). Sprinkle the avocado halves generously with hemp seeds. Season the entire plate with salt and freshly cracked black pepper to taste. Enjoy this vibrant, wholesome breakfast-for-dinner idea in one satisfying dish!

SWAPS & NOTES

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Avocado: Choose a ripe avocado for creaminess.

Hemp seeds add a boost of healthy fats and protein, but chia seeds or flax seeds can be used as well.

Sweet Potato: Roasting enhances its natural sweetness.

TIPS FOR SUCCESS

Prep Ahead: You can roast the sweet potato and sauté the mushrooms and spinach ahead of time.

Store them in the fridge and gently reheat when ready to assemble.

Ripe Avocado: Ensure your avocado is perfectly ripe for the creamiest texture.

Hot Pan for Eggs: A hot, well-oiled nonstick pan is key for perfect sunny-side-up eggs that don't stick.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sunrise-power-plate-healthy-energizing-breakfast-dinner-idea/>