

Healthy High-Protein Breakfast: Scrambled Eggs & Garlic Mushroom Power Bowl

Scrambled Eggs with Garlic Mushrooms & Avocado Salsa



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15 min

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INGREDIENTS

For the Scrambled Eggs:

The Protein: 3 large eggs.

The Fat: 1 tbsp butter.

Seasoning: ... tsp each of salt and black pepper.

For the Garlic Mushrooms:

The Veggie: 1 cup whole mushrooms (cremini or button work great).

Aromatics: 1 tbsp olive oil, 1 clove minced garlic, and 1 tbsp fresh chopped parsley.

Seasoning: $\frac{1}{2}$ tsp salt and ... tsp black pepper.

For the SautØed Greens:

The Superfood: 1 cup chopped kale or spinach.

The Basics: 1 tsp olive oil and a pinch of salt.

For the Avocado Salsa:

The Creaminess: $\frac{1}{2}$ avocado (mashed).

The Brightness: $\frac{1}{2}$ cup cherry tomatoes (halved), 1 tbsp fresh cilantro, $\frac{1}{2}$ tsp lemon juice.

DIRECTIONS

1. SautØ the Garlic Mushrooms: Heat olive oil in a pan over medium heat. Add the mushrooms, minced garlic, salt, and black pepper. SautØ for 5-7 minutes. You want the mushrooms to release their moisture and then begin to brown and caramelize. Finish with a sprinkle of fresh parsley and set them aside.
2. Wilt the Greens: In the same pan (no need to wash it-the leftover garlic flavor is a bonus!), heat another teaspoon of olive oil. Add your kale or spinach and a pinch of salt. SautØ for 2-3 minutes until the greens are vibrant and wilted.
3. Mix the Avocado Salsa: In a small bowl, mash the avocado with a fork. It doesn't need to be perfectly smooth; a little chunkiness is good! Mix in the cherry tomatoes, cilantro, lemon juice, salt, and pepper. The acidity in the lemon will keep the avocado from browning.
4. The Perfect Scramble: Whisk the eggs with salt and pepper until the yolks and whites are fully combined. Melt butter in a clean pan over low heat. Pour in the eggs and cook slowly, stirring constantly with a silicone spatula. The key is "low and slow"-remove them from the heat while they still look slightly wet, as they will finish cooking on the plate.
5. Assemble and Serve: Plate your creamy eggs, the savory mushrooms, and the wilted greens. Top with a generous dollop of the avocado salsa and serve immediately while the eggs are at their peak.

SWAPS & NOTES

The Greens: If you find kale too tough, use baby spinach; it wilts in seconds and has a milder flavor.

The Mushrooms: Slicing the mushrooms will cook them faster, but leaving them whole (or halved if they are large) provides a meatier, more satisfying bite.

The Salsa: If you don't like cilantro, fresh parsley is a perfect 1:1 substitute.

Dairy-Free: You can swap the butter in the eggs for a high-quality olive oil or a dairy-free butter alternative.

TIPS FOR SUCCESS

Temperature Control: The most common mistake with scrambled eggs is using high heat.

Keep it low for that "melt-in-your-mouth" texture.

Fresh Herbs: Using fresh parsley and cilantro instead of dried makes a massive difference in the "brightness" of the dish.

Prep the Salsa Last: To ensure the tomatoes stay crisp and the avocado stays bright green, mix the salsa just before you start the eggs.

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