



GREEN EYED MONSTER FARRO AVOCADO BOWLS

(VEGETARIAN)

INGREDIENTS

Ingredients:

Grain:

- 1 cup farro
- 1 1/3 cups water

Kale:

- 1 bunch green kale (rinsed, stems removed and leaves torn into bite sized pieces)
- 2 cloves garlic, peeled and minced (or pressed through a garlic press)
- ½ tablespoon olive oil

Chive Butter Sauce:

- 1 tablespoon chives, chopped (or, use ½ tablespoon chopped green onion)
- 2 tablespoons butter, melted (I used Earth Balance Vegan Butter)
- ¼ teaspoon salt

Eggs:

- ½ tablespoon oil
- 2 eggs

Avocado:

- 1 avocado
- ½ fresh lemon (or 1 tablespoon bottled lemon juice)

Optional: hemp seeds

DIRECTIONS

How-to:

1. *Bring the water to a boil (high heat) in a saucepan. Add the farro. Reduce the heat to low, cover, and cook for 10 minutes, or until soft. Remove from heat and drain any excess water. Set aside.*
2. *In a small bowl, melt the butter. Add the chopped chives and the salt. Stir until combined. Set aside.*
3. *Heat ½ tablespoon of oil on medium heat in a large skillet. Add the kale and garlic. Cook 3-5 minutes (stirring frequently), or until wilted. Cover and set aside.*
4. *Fry the eggs. Heat ¼ teaspoon of oil in a skillet on medium heat. Crack an egg into the skillet. Fry approximately 5 minutes, then flip. Cook an additional 3-5 minutes and remove from skillet. Repeat with the second egg. Set aside.*
5. *Slice the avocado. Place in a small bowl and squeeze the ½ lemon over it.*
6. *Assemble bowls: Divide the farro, kale and sliced avocado between two bowls. Top each bowl with one egg. Pour ½ of the melted chive butter over the contents of each bowl. Sprinkle with hemp seeds (if desired).*
7. *Eat and enjoy!*

Tips and Tricks:

- *I found all my ingredients for this recipe at Whole Foods. Most large grocery stores have all these ingredients as well.*
- *Instead of kale, try spinach*
- *Instead of farro, try quinoa*
- *MAKE IT VEGAN: Omit the eggs and add an additional sliced avocado. Omit the full egg and cook an egg white! My husband can't have egg yolks, so he eats his bowl with a fried egg white.*
- *Add chickpeas or your favorite bean!*

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MINUTES

RECIPE BY: CAROLYN J. BRADEN

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