



## **Paleo Veggie & Egg Skillet**

### ***Recipe***

Serves 1

### **Ingredients**

- 1 teaspoon coconut oil
- 1/2 cup diced yam
- 1/3 cup diced onion
- 1/3 cup diced yellow/red/green bell pepper
- 2 free range eggs
- 1 green onion, minced
- 2 tablespoons salsa
- cilantro for garnish
- spices: chili powder, turmeric powder, unrefined salt & pepper

### **Method**

1. Sauté yam with coconut oil so it becomes semi-soft.
2. Add onion and bell pepper, sauté until onion is translucent.
3. Stir in spices and salsa.
4. Crack eggs, and cover with a lid until eggs are cooked.
5. Serve with chopped cilantro.

Enjoy!