



## Breakfast Mushroom Sauté

Servings: 2

2 pieces bacon\* cut into pieces (optional)  
1/4-1/2 cups chopped onion  
2 cups chopped mushrooms\*\*  
1/2-1 cups of chopped kale\*\*\*  
2-3 cups spinach  
goat cheese crumbles (optional)  
egg (optional)

Place the bacon in the pan on medium-high heat and start cooking. Add the onions and mushrooms and sauté until starting to turn golden. Add the chopped kale and saute all until the kale starts to soften. Add the spinach, let wilt and mix in. Top with goat cheese crumbles or an egg (fried or poached would work best).

\*Bacon - I use pork bacon from pastured pigs that contain no nitrates. Most standard grocery store bacon is loaded with unhealthy nitrates and I do not recommend it in your diet!

\*\*Mushrooms - I use a variety of mushrooms depending on what I can find. Everything from simple white button mushrooms and portabellas to shiitake, blue oyster, black pearl and lions mane. They are all unbelievably good for you and tasty!!

\*\*\*Kale - I use lacinato kale which is the kale that is super dark green, long sword-like leaves, but you could use any kale.