

EGGS IN A NEST



Tags: [Fall](#), [Kapha](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#), [Winter](#)

Prep Time: 20 Min

Cook Time: 15 Min

Serves: 4

Directions:

1. Sauté onions and garlic in ghee until lightly golden (omit this for pitta during the summer).
2. Add cumin seeds cumin and allow them to pop.
3. Then add turmeric, coriander, chopped carrots, zucchini and tomatoes (or any other seasonal vegetables) and saute for 2 minutes.
4. Add dark leafy greens and cover for two minutes. Use the back of a spoon to make 4 depressions in the cooked leaves, circling the pan like numbers on a clock.
5. Break an egg into each depression, being careful to keep yolks whole. Cover pan again and allow eggs to poach for 3 to 5 minutes.
6. Remove from heat and serve.

Great for any breakfast, brunch, lunch, or dinner!

*egg yolks can be heating for the pitta dosha and too heavy for the kapha dosha

Ingredients:

SIMPLEVEDA

ayurveda & yoga

3 Tbsp. ghee
1 medium chopped onion (optional)
1 chopped garlic clove (optional)
2 carrots, chopped
1/2 cup diced tomatoes
1/2 cup diced zucchini
1 large bunch of chard, kale, or spinach coarsely
chopped
4 eggs*
1 tsp cumin seeds
1/2 tsp turmeric
1/2 tsp powdered coriander
sea salt to taste

If you're looking to incorporate more vegetables into your diet, try this delicious recipe for breakfast. Vegetables for breakfast? Yes! This recipe has been modified from one of my favorite books, *Animal Vegetable, Miracle* by Barbara Kingsolver.