

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Big Breakfast Fry-Up

From "Tyler Florence Family Meal"

This was a great hearty breakfast! The mushrooms, tomatoes, thyme and arugula are all optional, so make it to taste, and only add what you love.

Serves 4 – 6

6 to 8 strips all-natural nitrate-free bacon or 4 (1/4-inch-thick) slices pancetta, cut in 2-inch pieces
1 cup sliced button mushrooms
1 cup grape or cherry tomatoes, halved
Salt and freshly ground black pepper
Extra-virgin olive oil
6 to 8 large eggs
Fresh thyme leaves
A handful of baby arugula

1. In a large skillet, cook the bacon over medium heat until crispy, 5 to 6 minutes. Transfer the bacon to a paper-towel-lined plate to drain, leaving the fat in the skillet. Add the mushrooms and tomatoes to the pan and sauté over medium-high heat for 3 to 5 minutes, until the mushrooms are lightly browned and the tomatoes are caramelized. Sprinkle with salt and pepper. Remove the mixture to a plate and set aside.
2. Reduce the heat to low, and add 1 to 2 teaspoons olive oil to the skillet if needed. Carefully crack the eggs into the skillet. Cook the eggs sunnyside up, or until the whites are set but the yolks are still runny (or you can flip them and cook them over-easy or medium if you like them to be more done).
3. Distribute the bacon, mushrooms, and tomatoes evenly around the pan, and sprinkle with salt, pepper, thyme, arugula, and a drizzle of olive oil. Serve right from the pan.