

Garden Chef Cabbage and Fennel Garden Breakfast Bowl

2 Tbsp	Avocado oil
1 Cup	Fresh fennel, thinly chopped
2 Cups	Red cabbage, thinly chopped
1	Red bell pepper, seeded and sliced thin
¼ Cup	Shredded carrots
Pinch	Sea salt to taste
	Fresh cracked black pepper
½ Tsp	Cayenne pepper
½ Tsp	Paprika
2 Eggs	Cooked over easy (optional)

Heat 2 tablespoons of avocado oil in large sauté pan on medium high. Add sliced fennel and sauté until slightly softened for about 2 minutes.

Mix in red cabbage, red pepper and carrots and sauté for an additional 3 minutes. Season cabbage with sea salt, black pepper, cayenne and paprika.

Transfer mixture to favorite bowl and add two cooked eggs to the top of mixture to serve.



ATLANTA BOTANICAL GARDEN

Recipe by Edible Garden Chef Megan McCarthy