



Nourish Recipe

## Mushroom Egg Bowl

Servings: 4

Recipe courtesy of  
[Prescribe Nutrition](#)

### Ingredients

3 Tbsp extra virgin olive oil, divided  
1 bag cauliflower rice, frozen  
2 cups brown rice, bagged  
1 cup mushrooms, sliced  
½ cup cherry tomatoes  
1 Tbsp balsamic vinegar  
2 cups arugula or kale  
4 organic eggs  
Salt to taste  
Pepper to taste

### Nutrition Facts

Servings 4

Amount Per Serving

**Calories** 217

% Daily Value

**Total Fat** 15.3g 20%

Saturated Fat 2.9g 14%

**Cholesterol** 164mg 55%

**Sodium** 131mg 6%

**Total Carbohydrate** 12.6g 5%

**Dietary Fiber** 1.7g 6%

**Sugars** 2.1g

**Protein** 8g

Vitamin D 78mcg 392%

Calcium 55mg 4%

Iron 2mg 10%

Potassium 155mg 3%



### What you'll need



measuring  
spoons



measuring  
cups



large non-stick  
skillet

### Instructions

1. In a large non-stick skillet, heat olive oil (2 Tbsp) over medium heat. Once heated, add the cauliflower rice, stir well to coat, and cook for 3-4 minutes, covered with a lid.
2. While the cauliflower rice is cooking, heat the brown rice (2 cups) in the microwave according to instructions. When finished, dump the rice into the pan with the cauliflower rice. Remove lid and saute for 2-3 minutes. Remove mixture and set into bowls.
3. Add the mushrooms (1 cups) into the pan and saute for 3-4 minutes, stirring well to coat in leftover oil. Add cherry tomatoes (½ cup) and cook for another 2 minutes. Add the balsamic vinegar (1 Tbsp) and cook an additional minute.
4. Turn off the heat and add in the greens (2 cups), stirring well to coat. Serve over the cauliflower and rice mixture.
5. Add remaining olive oil (1 Tbsp) to the pan and cook eggs to your desired doneness. Serve on top of the bowls and season with salt and pepper.



Share your healthy eats  
with us @Wellbeats



**Wellbeats™**