

Mexican Eggs Benedict - A fun and healthy spin on the classic eggs Benedict - done 2-ways!

Prep Time: 20 min Cook Time: 40 min Servings: 4

Ingredients

- 1 large sweet potato
- 1 Avocado
- 1 lb ground chorizo (removed from their casings if applicable)
- 4 large eggs
- 1 tsp white vinegar

Chipotle Hollandaise

- 2 egg yolks
- Juice of half lime
- 1-2 Tbsp chopped chipotle pepper in adobo (or 1 Tbsp chipotle powder)
- ¼ cup melted butter (or ghee for paleo/Whole30)
- ¼ tsp salt

Toppings

- Fresh fruit (strawberry + mango + juice of half lime)
- 1 bundle fresh cilantro, chopped
- 1 jalapeno, sliced
- Pickled onions
- Lime wedges

Directions

1. Peel the sweet potatoes and cut into ½ in thick slices for rounds or cut sweet potatoes into cubes slices for nacho style.
2. Brush or spray each slice or cubes with oil and grill or roast at 425 degrees for approx. 20 minutes per side or when the sweet potatoes are slightly tender.
3. To make the hollandaise, in a small processor or tall container add the egg yolks, salt, lime juice and chipotle. Insert an immersion blender into the tall container or blend on high in the food processor for 30 seconds. Very slowly drizzle the melted butter/ghee into the vessel while blending.
4. In a medium pan on medium-high heat, ground the chorizo meat until cooked and has a crumbly texture.
5. To make the poached eggs, fill a medium pot with approximately ¾ of water and add in the vinegar. Bring water to a boil and reduce the heat to low-medium. Using a spoon, quickly move the spoon in a circular motion in the water to create a whirlpool and then crack an egg into the center of the whirlpool. Let sit for 4 minutes to cook before removing the egg from the water using a slotted spoon. Repeat with the remaining eggs.
 1. Eggs Benedict way: place two sweet potato rounds on a plate and top each slice with avocado slices, chorizo meat, poached egg and hollandaise sauce. Garnish with toppings and create a fresh fruit salad on the side before serving.
 2. Nacho way: place sweet potato cubes on a plate or bowl and layer with avocado slices or cubes, chorizo meat, poached egg and hollandaise sauce. Garnish with the toppings along with the fresh fruit before serving.

Notes

- This meal is considered a *six senses nourish meal!* For more information - check out the [Nourishment Program!](#)

