

# MACHEESMO

## Greens and Ham Breakfast Bowl

by Nick

**Serves:** Serves 2. **Prep Time:** 10 mins **Total Time:** 30 mins

3.8

Rated **3.8** out of 5

3.8 out of 5 stars (based on 65 reviews)

Excellent 20%

Very good 51%

Average 18%

Poor 8%

Terrible 3%

Your overall rating

Title of your review

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This review is based on my own experience and is my genuine opinion.



A quick and filling breakfast bowl made with lots of wilted chard and ham. Topped with a soft-boiled egg and avocado of course!

### Ingredients

8-10 ounces ham, diced

1 large bunch swiss chard, chopped

1/2 red onion, sliced thin

1 teaspoon olive oil

1 avocado, sliced

2 soft-boiled eggs (<https://www.macheesmo.com/2012/12/soft-boiled-eggs-a-giveaway/>)

Hot sauce

Salt and pepper

### Directions

1) Dice ham and rinse and dice chard. Try to cut out any of the large ribs in the chard.

- 2) Add ham to a large skillet over medium heat with a small drizzle of olive oil. Cook until ham starts to brown slightly, about five minutes. Add chard and sliced red onion and cook until chard starts to wilt, about another 2-3 minutes.
- 3) Season veggies with salt and pepper and divide between two large bowls.
- 4) Top with avocado slices, an egg (poached, soft-boiled or over-easy), and a dash of hot sauce.

This delicious recipe was brought to you by **Macheesmo**. Read the full post at <https://wp.me/pkSYO-9hA>.