

Wake Me Up Eggs from Urban Sacred Garden



Some mornings you need a little kick to get you going. These spicy little devils will invigorate your body and mind, as well as your metabolism. For a quick discussion on the temporary boost in metabolism you might receive from spicy dishes check out [this article](#) in the New York Times. I like this little article because it doesn't overplay the benefit like some dieting and fitness sites. And besides all that, peppers and spices are darn tasty. Yield: 2 Eggs

INGREDIENTS

2 Eggs
6 Cherry tomatoes, cut into pieces
2 Tsp Olive Oil
Fresh Ground Sea Salt
Fresh Ground Pepper
And the ingredients below based on your spice preference...

MILD

1 Jalapeno Pepper, seeded and cut into small pieces
1 Tsp Red Pepper Flakes
1 Tsp Cayenne Pepper
1 Slice Havarti Cheese

MEDIUM

1 Jalapeno Pepper with seeds, cut into small pieces
1 Tbsp Red Pepper Flakes
1 Tsp Cayenne Pepper
1 Slice Pepperjack Cheese

HOT

1 Habanero Pepper with seeds, cut into small pieces
1 Tbsp Red Pepper Flakes
1 Tsp Cayenne Pepper
1 Slice Pepperjack or Jalapeno Cheese

DIRECTIONS

1. In a small skillet heat Olive Oil and fresh ground Sea Salt and Pepper over medium low heat.
2. Crack 2 Eggs over heated oil. Sprinkle Eggs with Cherry Tomatoes and chosen peppers and spices depending on heat level chosen above.
3. Let cook until Eggs begin to solidify on top. Flip entirety of Eggs over in one fluid motion. Immediately lay chosen slice of cheese on the back of Eggs to melt. Let cook for a minute or less, then remove from heat. NOTE: You can reduce cooking times based on how firm you want your yolk.
4. Flip back over onto plate (cheese side down) for serving. Serve warm on a piece of hot whole grain toast or with toast on the side. Enjoy!