



Mescaline Greens with Poached Egg and Homemade Croutons

*mescaline greens
1/12 cup blue cheese
balsamic vinegar to taste
extra virgin olive oil
salt
pepper*

*Italian bread
dijon mustard
shallots
3 poached eggs
maple syrup (good homemade
variety)*

Wash and allow mescaline greens to dry thoroughly. Cut the Italian Bread into squares about the size of a large dice. Put the bread in a bowl with extra virgin olive oil, salt and pepper until each piece is coated. On a cookie sheet, place in the oven for about 15 minutes until golden brown. Set aside.

Put your greens into a large salad bowl with the goat cheese on top. Start to poach your eggs and begin your salad dressing.

Take ½ cup of balsamic vinegar, to 1/3 of a cup of olive oil; add one tablespoon of Dijon mustard, 2 tablespoons of maple syrup, and shallots. Before you put into a blender add salt and pepper to taste. Blend in a blender until completely mixed then add 2 tablespoons of light cream.

You are now ready to mix your salad together. Add dressing and croutons. Mix well,, add poached egg to the top and mix till blended with salad. You are ready to serve. Adding red onion is optional.

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