

fresh & balanced crudité bowl

Makes 1 serving

PREP TIME: 5 minutes

COOK TIME: 20 minutes

1-2 hard-boiled eggs*

3 mini sweet peppers

1 celery stalk, cut

5-6 grape tomatoes

1-2 rainbow carrots, cut

7-8 olives

***You can prepare a batch of eggs in advance and store in the fridge until ready to eat to save time in the morning.**



BOIL EGGS

PRESSURE COOKING METHOD:

PLACE steamer insert into stainless steel pot in the Instant Pot and pour in 1 cup cold water.

ARRANGE desired number of eggs on top of steamer insert.

SET to Manual High Pressure for 6 minutes.

QUICK release pressure.

IMMEDIATELY transfer cooked eggs to a bowl of ice water and allow to cool for 5 minutes before peeling or storing in fridge.

STOVETOP METHOD:

PLACE desired number of eggs in a pot and cover with cold water by 1-2 inches.

BRING to a rolling boil, cover with a lid and cook for 30 seconds.

REMOVE pot from heat and let stand for 10-12 minutes (do NOT remove the lid).

TRANSFER cooked eggs to a bowl of ice water and allow to cool for 5 minutes before peeling or storing in fridge.

ASSEMBLE BOWL

ADD all ingredients to a bowl or plate.

ADJUST the amount and type of ingredients to best suit your needs.