

Sweet Potato & Kale Breakfast Hash

This recipe is an easy morning go-to for sneaking in some extra veggies!

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

2 Tbsp	Olive or Canola Oil
1 cup	Yellow Onion, diced small
3 cups	Sweet Potato, peeled and cubed (about 16 oz.)
½ tsp	Smoked Paprika
¼ tsp	Dried Oregano
¼ tsp	Cumin
½ tsp	Kosher Salt
½ tsp	Black Pepper
1 cup	Mushrooms, Shiitake or Cremini, thinly sliced
3 cups	Kale, ribs and stems removed, chopped
2 cloves	Garlic, minced
4 each	Egg, large
2 Tbsp	Green onion (scallion), chopped
1 Tbsp	Parsley, fresh

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a cast iron or heavy-duty skillet over medium heat. Once hot, add the oil and swirl to coat.
3. Sauté onions until golden brown, about 2 minutes. Add the sweet potatoes, smoked paprika, oregano, cumin, salt, and pepper. Cook until potatoes are almost tender, about 12 minutes.
4. Add the mushrooms and cook for about 2 minutes then add the kale and garlic. Cook until kale begins to wilt, about 3 minutes. If necessary, add water a few tablespoons at a time.
5. Reduce heat to low. Using a large spoon, form 4 pockets of space in the skillet for the eggs. Crack 1 egg directly into each space. Cover skillet, and continue to cook until the egg whites are firm and the yolks are runny, about 5 minutes.
6. Remove skillet from heat and let cool slightly before garnishing with the green onion and parsley. Enjoy!



CHEF'S NOTES

Try adding lean turkey or chicken sausage. Just 8 oz. will turn this vegetarian dish into a meaty option, while keeping calories and saturated fat in check. Feel free to personalize this dish by adding a little avocado, cheddar cheese, or hot sauce as a topping. This meal is a great source of vitamin A, which is essential for our vision, bone development, and immune function!

Nutrition Facts

4 servings per container

Serving Size 3/4 cup + 1 egg (272 g)

Amount per serving

Calories 260

% Daily Value *

Total Fat 12g 15%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 185mg 62%

Sodium 380mg 16%

Total Carbohydrate 29g 10%

Dietary Fiber 5g 17%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 10g 21%

Vitamin D 1mcg 5%

Calcium 100mg 8%

Iron 2mg 12%

Potassium 800mg 17%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

