

# Sweet Potato & Egg Hash

9 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C).
2. Heat a cast iron pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
3. Add the smoked paprika and diced pepper and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
4. Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
5. Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!

## Notes

### No Sweet Potato

Use butternut squash instead.

### No Kale

Use another leafy green, such as beet greens or rapini.

### More Protein

Add extra eggs.

### Prep Ahead

Chop vegetables in advance to save time.

## Ingredients

- 1 tsp Coconut Oil
- 1 Sweet Potato (medium, diced)
- 1/2 tsp Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 cups Kale Leaves (chopped and packed)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)
- 1 stalk Green Onion (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	363	Vitamin D	41IU
<b>Fat</b>	22g	Vitamin E	4mg
<b>Carbs</b>	32g	Thiamine	0.2mg
Fiber	12g	Riboflavin	0.5mg
Sugar	6g	Niacin	3mg
<b>Protein</b>	12g	Vitamin B6	0.7mg
Cholesterol	186mg	Folate	142µg
Sodium	173mg	Vitamin B12	0.5µg
Potassium	924mg	Phosphorous	201mg
Vitamin A	18524IU	Magnesium	60mg
Vitamin C	97mg	Zinc	2mg
Calcium	148mg	Selenium	16µg

Courtney Cox

<http://www.AwakenYourHealth.Org>



Iron

4mg