

Sweet Potato Breakfast Hash



SWEET POTATO BREAKFAST HASH

ingredients

1 tablespoon oil
1 large sweet potato, chopped into 3/4 inch pieces
1 medium onion, chopped into 3/4 inch pieces
1/2 fennel bulb, green removed and thinly sliced
4 eggs
Salt and pepper to taste

OPTIONAL:

1 cup cooked lean meat in bite size pieces

directions

Preheat the oven to 400 degrees. Heat oil in an oven-safe skillet over medium heat. Add sweet potato and onion until the onion is translucent.

Remove veggies from the skillet. Add the fennel, and cook for about 8 minutes, stirring occasionally. Add onions and potatoes back to the pan. Add meat if using.

Make 4 indents in the vegetable mixture. Add one egg to each indent. Place pan in the oven, cook 10-15 minutes or until eggs are set. Serve warm.

No oven? No problem! Keep vegetables warm in a 200-degree oven, and use the skillet to cook the eggs to your preference. Serve together.

notes

If you don't have fennel, try substituting with broccoli, peppers, or zucchini