



Eggs with Sweet Potato, Kale & Bacon Hash

3 servings
 30 minutes

Ingredients

4 slices Bacon (chopped)
 1 Sweet Potato (large, cubed)
 1/4 cup Water
 2 tsps Extra Virgin Olive Oil
 6 Egg
 2 cups Kale Leaves (chopped)
 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	358
Fat	27g
Carbs	10g
Fiber	2g
Sugar	2g
Protein	19g
Cholesterol	397mg
Sodium	552mg
Vitamin A	7375IU
Vitamin C	14mg
Calcium	109mg
Iron	2mg
Selenium	39µg

Directions

- 1 Heat a pan over medium heat. Add the bacon and cook for five to six minutes or until crispy. Remove the bacon and keep the fat in the pan.
- 2 Add the sweet potato and water to the pan. Cover and cook over medium heat for five to seven minutes or until the sweet potato has softened.
- 3 Meanwhile, add the oil to a separate pan over medium heat. Cook the eggs until the whites are set and the yolks are cooked to your preference. Set aside.
- 4 Remove the lid from the pan and let the sweet potato brown for three to five minutes. The water will cook off, and the fat from the bacon will crisp up the sweet potato.
- 5 Add the kale and salt to the pan and mix well. Serve with the eggs and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. To meal prep in advance, hard-boil the eggs and refrigerate items separately.

Serving Size: One serving is approximately 1 1/2 cups of hash and two eggs.

More Flavor: Add minced garlic and shallots while the sweet potato cooks.

Additional Toppings: Chopped parsley, cilantro, green onions, and/or hot sauce.