

Breakfast Potato Hash

Cooking Time: 20 mins

Serving Size: 4 oz potatoes

Serves: 2

Calories: 312

Fat: 12g

Carbohydrate: 43g

Protein: 11g



Ingredients:

- 1 TBS olive oil
- 8 oz potatoes (Red or Gold), scrubbed well and cut into 1/2 inch cubes or slices
- 1 cup chopped seasonal veggies of your choice (onion, carrot, peppers, greens)
- 1 clove minced garlic
- 1/8 tsp crushed red pepper
- 1/2 tsp salt
- 2 eggs

Directions:

- Heat oil in a large nonstick or cast-iron skillet over medium heat. Spread potatoes in an even layer and cook, turning every few minutes with a spatula until tender and browned, about 15 minutes. Add other vegetables, garlic, and spices in about halfway through cooking.
- Crack eggs, one at a time on top of the potato mixture. Cover and continue to cook, about 3-5 minutes or until the whites are set and the yolk is to your liking.
- Serve over a bed of baby arugula with a slice of avocado, and sprinkle salt and pepper on top.

