SWEET POTATO HASH°

GF PF VG

80 DAY OBSESSION

SERVES: 4 (approx. 1 cup hash and 1 egg each) Prep Time: 15 min. Cooking Time: 19 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ 1 🥄 1

1 Tbsp.	ghee (organic grass-fed, if possible)
¾ cup	chopped kale (or raw spinach)
½ cup	chopped onion (approx. ⅔ medium)
½ cup	chopped bell pepper (approx. ⅔ medium)
2 cloves	finely chopped garlic
1 tsp.	ground smoked paprika
¼ tsp. + 1 dash	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
2 cups	1-inch cubed cooked sweet potato
4	large eggs
¼ cup	thinly sliced green onion

SPECIAL EQUIPMENT:

Parchment paper

1. Preheat oven to 450° F.

2. Line a baking sheet with parchment paper. Set aside.

3. Melt ghee in large skillet over medium-high heat.

4. Add kale, onion, and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.

5. Add garlic; cook, stirring frequently, for 1 minute. Remove from heat.

6. Combine paprika, salt, and pepper in a small bowl; mix well.

7. Add sweet potato to paprika mixture; mix well. Spread in an even layer on prepared pan.

8. Crack eggs over top of hash. Bake for 10 to 12 minutes, or until eggs are cooked to desired doneness.

9. Garnish with green onion; serve immediately.

RECIPE NOTE:

Use your meal-prepped sweet potato for this recipe.

°**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 214 Total Fat: 9 g Saturated Fat: 4 g Cholesterol: 196 mg Sodium: 511 mg Carbohydrates: 26 g Fiber: 3 g Sugars: 2 g Protein: 9 g