



SWEET POTATO HASH^o

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



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|------------------------|---|-----------|---|
| 1 Tbsp. | ghee (organic grass-fed, if possible) | 1. | Preheat oven to 450° F. |
| ¾ cup | chopped kale (or raw spinach) | 2. | Line a baking sheet with parchment paper. Set aside. |
| ½ cup | chopped onion (approx. ⅔ medium) | 3. | Melt ghee in large skillet over medium-high heat. |
| ½ cup | chopped bell pepper (approx. ⅔ medium) | 4. | Add kale, onion, and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent. |
| 2 cloves | finely chopped garlic | 5. | Add garlic; cook, stirring frequently, for 1 minute. Remove from heat. |
| 1 tsp. | ground smoked paprika | 6. | Combine paprika, salt, and pepper in a small bowl; mix well. |
| ¼ tsp. + 1 dash | sea salt (or Himalayan salt) | 7. | Add sweet potato to paprika mixture; mix well. Spread in an even layer on prepared pan. |
| ¼ tsp. | ground black pepper | 8. | Crack eggs over top of hash. Bake for 10 to 12 minutes, or until eggs are cooked to desired doneness. |
| 2 cups | 1-inch cubed cooked sweet potato | 9. | Garnish with green onion; serve immediately. |
| 4 | large eggs | | |
| ¼ cup | thinly sliced green onion | | |

SPECIAL EQUIPMENT:

Parchment paper

RECIPE NOTE:

Use your meal-prepped sweet potato for this recipe.

^oThis 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

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.