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Sweet Potato & Egg Breakfast Skillet



Sirve:

1

Pieza:

Saladmaster Food Processor
8" Chef's Gourmet Skillet
Valora: ★★★★☆

Contribuido por:

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Descripción de la Receta:

Sweet potatoes, eaten in moderation are a good substitute for white potato, higher in fiber and lower on the glycemic index. Include dark leafy greens into your breakfast for added nutrition; they are low in calories and carbohydrates. Enjoy this breakfast skillet for a quick weeknight meal too.

1 cup
sweet potato, peeled and strung, Cone #2
(133
g)
¼ cup
onion, strung, Cone #2
(40
g)
2 cups
baby spinach
(60
g)
¼ tsp
garlic powder
(2/3
g)
⅛ tsp
natural salt
(1/3
g)
1 egg, whole
1 scallion, minced

Preparación :

1. Preheat Gourmet Skillet over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Process sweet potato and onion into skillet and sauté for 5-6 minutes until onion is softened.

3. Add spinach, granulated garlic and salt to gourmet skillet and toss to combine.
4. Make a well in center of pan by pushing back of spoon into center.
5. Crack egg into well in gourmet skillet
6. Cover with lid and when Vapo-Valve™ begins to click steadily turn heat to low and cook for 2-3 minutes until egg is done.
7. Garnish egg with minced scallion

Consejos:

- Top egg with a variety of chopped herbs; parsley, basil or chives.
- Serve with hot sauce or chopped tomato
- Substitute baby spinach for other chopped fresh greens; kale, swiss chard.

Información nutricional por ración

Calorías: 223
Grasa Total: 5g
Grasa Saturada: 1g
Colesterol: 186mg
Sodio: 486mg
Carbohidratos: 34g
Azúcar: 8g
Proteína: 11g