

Roasted Root Vegetable Hash with Eggs



Sirve:

6 servings

Pieza:

12" Electric Oil Core Skillet

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Transform those leftover roasted root vegetables into a simple brunch or lunch dish. Add in onion, minced ham, fresh spinach, seasoning and eggs for a one pot meal. Cook eggs in hash right before serving.

1 small
onion, (red or white), shredded, use Cone #2
4 oz
smoked, cooked ham, minced
(113
g)
4 cups
roasted root vegetables, cooled
(704
g)
½ tsp
garlic powder
(1
g)
½ tsp
thyme leaves
(1/2
g)
2 cups
baby spinach leaves, fresh
(300
g)
6 each
eggs, whole
salt and pepper to taste

Preparación :

1. Preheat skillet to 375°F / 190°C degrees. Sauté onion and ham for 4-6 minutes until onion is softened. Add root vegetables, toss to combine.

2. Season with garlic powder and thyme.
3. Add baby spinach and stir to combine.
4. Make 6 indents in hash with spoon, crack an egg into each hole.
5. Place cover on skillet and turn heat down to 300°F / 150°C degrees. Cook for 7-9 minutes until eggs are cooked to desired doneness.
6. Serve a scoop of hash with egg and garnish with freshly chopped parsley.

Consejos:

- Substitute minced ham for turkey bacon, smoked white fish or smoked salmon.
- Add in chopped fresh dill with smoked fish and serve with lemon wedges.

Información nutricional por ración

Calorías: 227
Grasa Total: 9g
Grasa 2g
Saturada:
Colesterol: 196mg
Sodio: 391mg
Carbohidratos: 24g
Fibra 5g
Dietética:
Azúcar: 5g
Proteína: 12g