

Breakfast Hash



Course : Breakfast
Categories : Vegetable
Source : www.livingupwell.com

Serving size : 2 eggs, 1 cup breakfast hash, 1 tortilla or 3/4 cups sweet potato
Preparation time : 10 mins
Cooking time : 15 mins

Ingredients

6 cups cremini or portabella mushrooms
3 medium zucchini
1 red bell pepper
1 tablespoon Braggs Aminos
4 cups spinach
2 tablespoons Jill's AP Seasoning
2 teaspoons cumin
1 cup fresh salsa
2 teaspoons avocado oil
12 eggs
6 whole wheat tortillas or 4 cups roasted sweet potatoes (2-3 medium sweet potatoes)

Directions

Prep day:

1. Slice mushrooms into 1/4 inch bite size pieces. Place in a container with a paper towel at the bottom, cover and refrigerate.
2. Small dice zucchini and bell pepper. Place in a container and refrigerate.
3. If using sweet potatoes: Preheat oven to 450 F.
Cut potatoes into small dice, place on cooking sheet with parchment paper in a single layer. Drizzle with 1 tsp avocado oil, season with salt and pepper. Cook for 25 minutes or until browned and softened. Remove from heat, place in container and refrigerate.

Prepare day:

1. Heat wok or large skillet to medium heat, add 1 tsp avocado oil. Add mushrooms and 1 tbsp. Jill's AP Seasoning, 1/2 tsp cumin. Cook until starting to brown, about 4-5 minutes.
2. Add zucchini, bell pepper, 1 tbsp. Braggs Aminos, 1 tbsp. Jill's AP Seasoning, 1/2 tsp cumin, 1 tsp salt and 1/2 tsp black pepper. Cook, stirring every few minutes until vegetables begin to soften.
3. Add spinach (and roasted sweet potatoes, if using) a little at a time if needed, and fold into mixture until spinach wilts. Turn off heat.
4. In medium bowl, add eggs, season with salt and black pepper. (If cooking scrambled eggs)
5. Heat medium skillet to medium heat, add 1/2 tsp avocado oil, spread the oil around to coat the bottom

of the skillet (may have to use a paper towel).

6. When skillet is hot, add eggs and reduce to medium low heat. Cook until done to your preference. (Can also cook fried/poached eggs).

7. Warm tortillas or roasted sweet potatoes.

Serving suggestion: Serve with 1-2 eggs, 1 cup breakfast hash, 1 whole wheat tortilla or 3/4 cup roasted sweet potatoes and salsa.