

Fall Breakfast Hash

Yield: 4 servings

Prep time: 10 minutes

Total time: 35 minutes

INGREDIENTS

- sweet potato** | 1 medium, chopped, skin on
brussels sprouts | 3 cups, halved
small sweet onion | 1, finely chopped
fuji apple | ¾ cup, finely diced, skin optional
dried currants | 2 Tablespoons
spinach | 2-3 cups, heaping
eggs | 4, organic, free range
fresh sage | 1 Tablespoon, minced
garlic | 3 cloves, minced
avocado or other neutral oil | 2 Tablespoons
chicken or turkey sausage (or ground meat) | 1 cup, organic, local when possible
sea salt + black pepper | 1 healthy pinch

DIRECTIONS

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper.
2. Add sweet potato and brussels sprouts to baking sheet. Drizzle with oil, salt + pepper, toss to coat. Bake for 22-28 minutes, tossing halfway.
3. Heat a large skillet over medium heat. Once hot, add oil and onion. Sauté 1 min, then add garlic, apple, sage, and currants. Sauté 3 mins.



4. Add sausage, sauté until golden-brown and cooking through – about 5-8 mins. Stir frequently and break the sausage into bite-sized pieces.
5. Once sausage is cooked, add spinach, cover, and cook for a few minutes until wilted. Set aside.
6. Heat a separate skillet over medium heat. Once hot, add a little oil. Crack eggs in pan, cook for 3 mins uncovered. Then, cover and cook an additional 1-2 mins.
7. Garnish hash with desired ingredients (see notes). Enjoy!

ABOUT THIS RECIPE:

Gut Friendly Recipe

Gluten free, Dairy Free, Anti-Inflammatory, and Anti-Candida

NOTES

- *Garnish with the following if desired: hot sauce, parsley, fresh herbs of choice*
- *Cooled leftovers keep for 3-4 days in refrigerator or up to 1 month in freezer (eggs best cooked to order).*

Recipe by:

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