

A diet rich in nutrients, but low in lactose, is important to individuals with lactose intolerance. This dish is a nutritious option that can be eaten for any meal of the day.

Southwestern Sweet Potato Hash

Ingredients

1 lb lean ground chicken	Salt and pepper
2 tablespoons olive oil	1/2 teaspoon smoked paprika
1 small onion, diced	1 teaspoon chili powder
1 small red bell pepper, diced	1 teaspoon cumin
1 jalapeno, diced	6 eggs
2 sweet potatoes, peeled and diced	1 avocado, diced
1 can of low sodium black beans, drained & rinsed	1 cup fresh cilantro, chopped

Instructions

1. Preheat oven to 400 degrees F
2. In a large skillet, brown the ground chicken. Once the chicken is cooked through, remove from the pan and set aside.
3. Add olive oil to the skillet and saute onions, bell peppers and jalapeno with a pinch of salt and pepper. Cook over medium heat until they start to soften.
4. Increase heat to medium-high and add sweet potatoes. Drizzle sweet potatoes with additional olive oil, just enough to coat and season with one teaspoon salt, pepper to taste, smoked paprika, chili powder and cumin.
5. Cook sweet potatoes stirring occasionally, until crispy on the outside and tender on the inside, about 15 minutes.
6. Once potatoes are ready, stir in drained and rinsed black beans and ground chicken.
7. Make six wells in the hash for each egg. Crack an egg in each well and bake in oven until eggs are set. Check every five minutes.



Source: <http://www.number-2-pencil.com/2016/02/29/southwestern-skillet-sweet-potato-breakfast-hash/>