

Southwestern Sweet Potato Hash

Nutrient Rich Dishes

Source: www.number-2-pencil.com/southwestern-skillet-sweet-potato-breakfast



SERVES:
6



PREP TIME:
10 MINS



COOKING TIME:
25 MINS

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.

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.

INGREDIENTS

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

