



Yam & Kale Breakfast hash

INGREDIENTS

1 sweet potato, cubed 1/4"
1/2 c onion, thinly sliced
2 cloves garlic
1 T Olive oil
2 c kale, washed & destemmed and cut into ribbons
1/2 tsp Cumin
1 avocado
4 eggs
1/4 c feta cheese, optional
hot sauce, optional

DIRECTIONS

Heat oil in a large skillet over medium high heat. Add garlic, cooking 1 minute, then add sliced potatoes and onion. Cook about 10 minutes, then add kale. Sauté until softened, about 3 minutes, then sprinkle with cumin. Turn off heat. Top with an egg, cooked as desired, and avocado, feta and hot sauce if desired.

This amount serves 4, but don't be afraid to use this concept with leftover veggies and single serve preparations.