

BRUSSELS SPROUTS AND POTATO HASH FOR TWO

This quick and easy dish is perfect for the colder months. It provides all the elements of a well-rounded meal... eggs for protein, brussels sprouts for vitamins and fiber, and hash brown potatoes for carbohydrates. Look for plain, frozen hash browns without any seasonings for a lower sodium option. The key to a crispy, caramelized crust is to leave the dish to cook undisturbed, so resist the urge to stir it too much during the cooking process.

Yield: 2 servings

Serving Size: 1 egg and 1 cup hash

Ingredients

- 1 1/2 Tbsp **olive oil** (or any cooking oil)
- 2 Tbsp **onion**, chopped
- 1/4 tsp dried **rosemary**
- 2 1/2 cups frozen **hash brown potatoes** (plain)
- 1/4 tsp **salt**
- 1/4 tsp ground **black pepper**
- 8 oz **Brussels sprouts**, trimmed and thinly sliced
- 2 Tbsp shredded **Parmesan cheese**
- 2 large **eggs**

Instructions

1. Heat oil in a medium non-stick skillet over medium high heat. Add onion and rosemary and cook until slightly browned, about 2 minutes. Stir in hash browns, salt, and pepper, and then spread the mixture to an even layer in the pan. Cook, undisturbed, for about 4 minutes.
2. Lower the heat to medium. Add the Brussels sprouts, stir to combine, then spread the mixture to an even layer. Cook, only stirring every 2 to 3 minutes then returning to an even layer, for 10 to 14 minutes total. Remove the pan from heat and stir in the Parmesan.
3. While the hashbrown mixture is cooking, poach the eggs. In a medium saucepan, bring 2 inches of water to a boil. Reduce to a gentle simmer. Working with one egg at a time, break an egg into a small bowl, submerge the lip of the bowl in the simmering water, and gently add the egg. Repeat with the other egg. Cook for 4 minutes for soft-set egg, 5 minutes for a medium-set egg, or 8 minutes for a hard-set egg. Using a slotted spoon, transfer the eggs to a plate lined with clean paper towel; this will remove water from the egg. After one minute, serve the eggs over the hash and serve warm.

Per Serving: Calories 369, Carbohydrates 41g, Protein 13g, Saturated Fat 4g, Sodium 582mg, Fiber 7g, Sugars 3 g
This recipe was adapted from EatingWell.com