

BEYOND HUNGER

SPINACH, KALE AND COLLARD GREENS, OH MY!

Mix up your morning with a healthy sweet potato hash! With a hearty serving of protein from a poached egg, this dish is packed with Vitamin K. It's sure to help you start your day off right!

Yield: 4 servings

Serving Size: 1 Cup + 1 egg

Ingredients:

- 1 large (or 2 small) **sweet potatoes**, diced
- 1 medium **red onion**, halved and sliced
- 2 Tbsp **olive oil**, divided
- 2 tsp **garlic powder** (or 8 cloves of garlic finely chopped)
- Pinch of **salt**, to taste
- 2 cups **spinach**, chopped
- 1 cup **kale**
- 1 cup **collard greens**
- 4 **eggs**
- **Black pepper**, to taste

Instructions:

1. Place a large, rimmed baking sheet in the oven. Preheat oven to 425° F.
2. Wash all greens and chop into roughly equal size pieces.
3. Toss sweet potatoes and onions with olive oil, garlic, and salt.
4. Remove pan from oven. Spread veggies evenly onto the baking sheet. Then add greens (kale, spinach, and collard greens) on top. Return sheet to oven and roast until the sweet potato has softened and is slightly browned and the greens have become crisp, about 10 minutes. Remove from oven and stir to combine.
5. Meanwhile, bring 2 inches of water in the pot to boil. Crack one egg into a small bowl and slip into the water carefully without breaking yolk. Repeat with each egg. Poach for 4 minutes for soft, 5 minutes for medium, and 8 minutes for hard-set eggs.
6. Divide hash mix onto 4 plates, top with one poached egg each, and add black pepper to taste.
Option to swap out any dark, leafy green vegetables of your choice.

Per Serving: Calories 198, Protein 8.7g, Saturated Fat 2.6g, Sodium 217.8mg, Total Fiber 3.1g, Total Sugar 4.8g

This recipe was adapted from Sweet Potato Hash on www.eatingwell.com.