

Roasted Root Vegetable Hash with Eggs



Makes:

6 servings

Utensil:

12" Electric Oil Core Skillet

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Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
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Recipe Description:

Transform those leftover roasted root vegetables into a simple brunch or lunch dish. Add in onion, minced ham, fresh spinach, seasoning and eggs for a one pot meal. Cook eggs in hash right before serving.

1 small
onion, (red or white), shredded, use Cone #2
4 oz
smoked, cooked ham, minced
(113
g)
4 cups
roasted root vegetables, cooled
(704
g)
½ tsp
garlic powder
(1
g)
½ tsp
thyme leaves
(1/2
g)
2 cups
baby spinach leaves, fresh
(300
g)
6 each
eggs, whole
salt and pepper to taste

Directions:

1. Preheat skillet to 375°F / 190°C degrees. Sauté onion and ham for 4-6 minutes until onion is softened. Add root

- vegetables, toss to combine.
2. Season with garlic powder and thyme.
 3. Add baby spinach and stir to combine.
 4. Make 6 indents in hash with spoon, crack an egg into each hole.
 5. Place cover on skillet and turn heat down to 300°F / 150°C degrees. Cook for 7-9 minutes until eggs are cooked to desired doneness.
 6. Serve a scoop of hash with egg and garnish with freshly chopped parsley.

Tips:

- Substitute minced ham for turkey bacon, smoked white fish or smoked salmon.
- Add in chopped fresh dill with smoked fish and serve with lemon wedges.

Nutritional Information per

▼ Serving

Calories: 227
Total Fat: 9g
Saturated Fat: 2g
Cholesterol: 196mg
Sodium: 391mg
Total 24g
Carbs:
Dietary Fiber: 5g
Sugar: 5g
Protein: 12g