

Sweet Potato & Egg Breakfast Skillet



Makes:

1

Utensil:

Saladmaster Food Processor
8" Chef's Gourmet Skillet

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Recipe:

Contributed By:

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Recipe Description:

Sweet potatoes, eaten in moderation are a good substitute for white potato, higher in fiber and lower on the glycemic index. Include dark leafy greens into your breakfast for added nutrition; they are low in calories and carbohydrates. Enjoy this breakfast skillet for a quick weeknight meal too.

1 cup
sweet potato, peeled and strung, Cone #2
(133
g)
1/4 cup
onion, strung, Cone #2
(40
g)
2 cups
baby spinach
(60
g)
1/4 tsp
garlic powder
(2/3
g)
1/8 tsp
natural salt
(1/3
g)
1 egg, whole
1 scallion, minced

Directions:

1. Preheat Gourmet Skillet over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Process sweet potato and onion into skillet and sauté for 5-6

minutes until onion is softened.

3. Add spinach, granulated garlic and salt to gourmet skillet and toss to combine.
4. Make a well in center of pan by pushing back of spoon into center.
5. Crack egg into well in gourmet skillet
6. Cover with lid and when Vapo-Valve™ begins to click steadily turn heat to low and cook for 2-3 minutes until egg is done.
7. Garnish egg with minced scallion

Tips:

- Top egg with a variety of chopped herbs; parsley, basil or chives.
- Serve with hot sauce or chopped tomato
- Substitute baby spinach for other chopped fresh greens; kale, swiss chard.

Nutritional Information per

▼ Serving

Calories: 223
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 186mg
Sodium: 486mg
Total 34g
Carbs:
Sugar: 8g
Protein: 11g