

MOT more of this
—————
LOT less of that

Vegetable Skillet Hash

So many vegetables in a one skillet meal make for a nutrient dense breakfast or brunch!

Serves: 2

Total time: 30-45 minutes

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 yellow onion, diced
- 1 cup diced Yukon gold or red skin potato
- 1 cup diced red or yellow bell pepper
- 1 zucchini, diced
- 1 cup halved cherry tomatoes
- Handful of chopped swiss chard, spinach or baby kale
- Salt, pepper, parsley to taste
- 1/4 cup diced Mozzarella or cheddar cheese
- 3-4 free range eggs
- 1-2 avocados, for serving
- Hot sauce, for serving (optional)

Directions

1. Heat olive oil in a large skillet over medium low heat.
2. Add onion and potato, and lightly season with a pinch of salt.
3. Cook until golden and lightly browned, stirring occasionally, about 5 minutes.
4. Add the bell pepper, zucchini, and tomatoes, and continue to cook until tender.
5. Add greens and allow to wilt, 2-3 minutes
6. Season to taste with salt and pepper. Sprinkle with parsley.
7. Add cheese.
8. Crack 4 eggs on top of hash and cook till desired doneness.
9. Serve the hash warm with avocado and hot sauces, if desired.

Mary-Beth says: *“A variety of vegetables can be prepped ahead of time and thrown into the skillet to warm before adding the eggs. Alternatively, if you have enough time, cook vegetables fresh and then add the eggs.”*