



Kale Beet Breakfast Hash Bake

Servings

4-5

Calories

400

Prep Time

20 minutes

Total Time

45 minutes

Skill Level

Easy

Ingredients

2 (10 ounces) packages Mann's Kale Beet Blend

2 tablespoons butter

2 medium sweet potatoes, washed and diced

½ small red onion, diced

½ small green bell pepper, diced

8 ounces sausage, sliced

4 eggs

salt and pepper to taste

chopped chives for garnish



The Method

Preheat oven to 350° F.

Heat a large, seasoned cast iron pan over medium-high heat. Add butter and sweet potato and cook until slightly soft. Add onion, pepper, and sausage and cook until onions are translucent.

Remove pan from heat, add Kale Beet Blend, and stir until combined.

Crack 4 eggs over the mixture, evenly spaced apart. Sprinkle with salt and pepper and place on the center rack of the oven. Bake for about 15 minutes or until egg whites are cooked through.

Garnish with fresh chives and serve.

Nutrition Facts

Serving Size: 304g | Servings: 4

Amount Per Serving

Calories 400 | Total Fat 27g (sat fat 11g trans 0g) | Cholesterol 240mg | Sodium 700mg | Total Carbohydrate 25g |

Dietary Fiber 6g | Sugars 7g | Protein 16g | Vitamin D 10% | Calcium 10% | Iron 15% | Potassium 15%