

Ashley's Meal Prep Monday!

1 Skillet Breakfast Hash

INGREDIENTS

- 1-2 TBSP olive oil
- 1/2 diced onion
- 3 cloves garlic, minced
- 6 slices of Canadian bacon, diced
- 1 sweet potato peeled and diced
- 2/3 cup chicken broth, separated
- 1-2 cup brussels sprouts, quartered
- 2 cups fresh spinach
- 1 TSP garlic salt
- 4 large eggs
- salt/pepper to taste
- optional: parmesan cheese, sliced avocado, green onion



Preheat oven to 400. In a large skillet, heat oil over medium heat. Add onions to skillet and saute for 5-7 minutes.

Add garlic and Canadian bacon and cook another 1-2 minutes. Add sweet potatoes and 1/3 cup of chicken broth, cook for 8-10 minutes stirring occasionally.

Add brussels, spinach and additional broth - stir to combine. Bake at 400 for 25 minutes.

Remove skillet, break eggs one at a time over skillet. Coat with additional salt/pepper and cheese if desired.

Broil on high for 3-5 minutes. Remove and add any additional toppings