

Butternut Squash & Apple Hash with an Egg

8 ingredients · 25 minutes · 3 servings



Directions

1. Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
2. Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
3. In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
4. Divide the breakfast hash between plates and top with an egg. Enjoy!

Notes

Leftovers

Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

Serving Size

One serving is approximately 1 cup of breakfast hash and 2 eggs.

More Protein

Add in cooked sausage, chicken or bacon.

Apple

This recipe was created and tested using Spartan apples.

Consistency

Chop the butternut squash and apples into similar size cubes to ensure even cooking.

No Red Onion

Use a yellow or sweet onion instead.

Ingredients

- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Butternut Squash (peeled and chopped into 1 cm cubes)
- 1/2 cup Red Onion (chopped)
- 1/4 tsp Sea Salt
- 1 Apple (small, finely chopped)
- 2 cups Kale Leaves (chopped)
- 1/4 tsp Cinnamon
- 6 Egg