

# One Pan Breakfast Hash

6 ingredients · 40 minutes · 2 servings



## Directions

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1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
3. Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

## Notes

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### No Bacon

Use prosciutto, ham or turkey bacon.

### More Vegetables

Use additional vegetables such as peppers, potatoes or mushrooms.

### More Flavor

Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

### Leftovers

Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.

## Ingredients

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- 4 cups** Brussels Sprouts (halved)
- 1/2 cup** Red Onion (chopped)
- 1 tsp** Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 5 slices** Organic Bacon (chopped)
- 4** Egg