



SWEET POTATO HASH

*Soy-Free. Sugar-Free. DF. GF. Nut-Free. *Vegetarian.*

What You'll Need:

- 1.5 cups sweet potatoes, cubed
- 5 leaves curly kale, finely chopped without stem
- 1 cup sweet onion, chopped
- 5 lg cloves of garlic, minced
- 4 lg eggs, whisked (*add 1 tbsp water to make eggs fluffy*)
- 3 sausages sliced. (*we love Paleo Chicken sausage by Amylu Foods*)
**skip this ingredient if you need the recipe to be vegetarian*
- 3 tbsp soft goat cheese (**don't add if going dairy-free*)
- 3 tbsp Parsley, finely chopped

Chop sweet potato and steam for 5 minutes. While you're steaming potatoes prep the onions, garlic and sausage, then sauté on medium-high heat with a little olive oil. Prep the eggs and put to the side. When the sauté starts to lightly brown, add in the kale and potatoes. Keep sautéing until the kale turns bright green. Then stir in the eggs and continually mix until eggs are cooked. Add in the goat cheese right before eggs are completely cooked through.

Place on your plate, sprinkle with the fresh parsley and enjoy with your favorite GF multi-grain bread. Yum yum!

Note: For the most health-conscious version of this recipe, use all organic ingredients.