

Brussels Sprout and Sweet Potato Egg Skillet

From – *dishingupthedirt.com*

1 medium-sized sweet potato, chopped into 1/2 inch pieces
1 cup Brussels sprouts, sliced in half
1 small yellow onion, finely chopped
2 cloves of garlic, minced
1 ½ Tbsp grapeseed oil (or oil of choice)
3-4 eggs
½ Tbsp smoked paprika
¼ tsp crushed red pepper flakes
¼ cup water
salt and pepper to taste

- Heat a skillet over medium-high heat.
- Add the onion and sauté for about 5 minutes.
- Stir in the paprika and crushed red pepper flakes.
- Add the garlic, Brussels sprouts, sweet potatoes, and water. Cover and cook until sweet potatoes and Brussels are tender. About 8 minutes.
- Create a couple of small wells in the skillet and crack an egg into each well. Cover the pan and cook until egg whites are set.
- Sprinkle with salt and pepper and enjoy!



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