

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Breakfast Baked Sweet Potatoes

From Juli Bauer's Paleo Cookbook

2 sweet potatoes or yams
3 slices bacon
¼ pound breakfast sausage (make sure it is nitrite free) or ground pork (breakfast sausage will have more flavor)
6 large eggs, divided
1 Tbsp chopped fresh chives
½ tsp fine sea salt
¼ tsp cayenne pepper

1. Preheat the oven to 425°F.
2. Wrap each sweet potato in foil and place on a baking sheet. Bake for 40-45 minutes, until soft to the touch. Then turn the oven temperature down to 325° F.
3. Set the sweet potatoes aside until they are cool enough to handle. While they cool, cook the bacon in a medium sauté pan over medium heat until crispy, about 10 minutes, then set aside to cool. Remove the excess bacon fat from the pan, add the sausage, and cook until no longer pink, about 10 minutes. Once the bacon is cool, chop it into small pieces.
4. In a medium bowl, whisk 4 eggs, then mix in the sausage, bacon, chives, salt, and cayenne pepper, reserving some bacon and chives for garnish.
5. Carefully cut off the top third of each baked sweet potato, then use a spoon to hollow it out, leaving about ¼ inch all around to make sure that nothing will seep through.
6. Place the sweet potatoes on the baking sheet and fill each one with half of the egg mixture. Bake for 20-25 minutes, until the eggs no longer jiggle in the middle. For aesthetic appeal and more protein, scramble the 2 remaining eggs and use for garnish, along with the reserved bacon and chives.