

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Breakfast Meatza

From www.paleomg.com

This was really, really good! You should make it!

1lb Breakfast Sausage
7 eggs (1 egg as the binder, the rest to top your meatza with)
6-8 slices of bacon, diced
½ sweet potato or yam, diced (the smaller, the faster it will cook)
½ yellow onion, diced
1 garlic clove, minced

1. Preheat your oven to 350 degrees.
2. Place your breakfast sausage in a medium bowl and crack an egg directly in. Mix with your hands until the egg is broken up and it is well mixed.
3. Pour your meat mixture into a 8x8 glass baking dish and press down until you have an even surface through the entire dish.
4. Put in the oven for 8-10 minutes or until you see the fat rise up to the top. It won't have to be completely cooked through since you will be cooking it a second time. Once you pull it out of the oven, discard of any excess fat if you'd like.
5. While your meatza is cooking, cut up your bacon and throw in a large pan over medium heat. Cook until completely cooked through and a bit crispy. Then remove with a slotted spoon and place on a plate with a paper towel to soak up excess fat. Pour the remaining excess bacon fat in the pan into a jar, leaving about 2-3 tablespoons in the pan.
6. Add your garlic clove, then add your sweet potato and yellow onion to the pan.
7. Let the onion and sweet potato cook down for about 8-10 minutes, stirring frequently to keep from burning.
8. Once your sweet potatoes are soft and your meatza has cooked, start making layers. Add your sweet potato/onion mixture to the top of your meatza, evenly distributed. Then crack 6 eggs on top, you pick where you'd like them to go. And finally top with bacon through the eggs.
9. Place back in the oven to cook for 8-10 minutes or until eggs are cooked to your preference. If you don't like eggs over-easy or over-medium, you could make scrambled eggs instead to top it off with!
10. Let cool. Try topping it with hot sauce. Yummy!