

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Ham Stir-Fry Breakfast

From www.paleoplan.com

Makes breakfast for 2

1 Tbsp coconut oil
¼ yellow onion, diced
3 mushrooms, sliced
1 small sweet potato, diced into ¼" cubes
1/8 tsp dried thyme
½ lb nitrate-free ham, diced
Freshly ground black pepper and salt, to taste
1 avocado, diced

1. Heat a large sauté pan over medium heat. When pan is hot, add coconut oil.
2. Add onions, mushrooms, sweet potatoes, and thyme.
3. Stirring frequently, cook until sweet potatoes are tender but firm (about 12-15 minutes).
4. Add small amounts of water (a few drops) to the pan and cover for a few minutes at a time in order to hasten the sweet potatoes' cooking time.
5. Toss in ham and cook until heated through.
6. Season with freshly ground black pepper and salt, if desired, and top with avocado to serve.