

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sausage, Egg and Sweet Potato Breakfast Skillet

From www.everydaypaleo.com

This breakfast skillet tastes great, and even though it takes a little more time to prepare, it is still easy to make!

2 Tbsp coconut oil
1 cup yellow onion, chopped
1 clove garlic, crushed
1 pound breakfast sausage
Sea salt and fresh ground black pepper
5 cups sweet potato, grated
6 eggs
Sliced avocado (optional)

1. Preheat oven to 350 degrees.
2. Turn stove on medium high heat and melt the coconut oil in a cast iron skillet.
3. When oil is hot, add onion and cook until soft and translucent. Add garlic and cook for another minute.
4. Add sausage to onion in skillet and cook until the sausage is cooked through and crumbly.
5. Add grated sweet potato, and salt and pepper to onion and sausage mixture. Continue cooking until sweet potato is soft and just cooked through, 3-4 minutes. Stir frequently. Sweet potato should still hold its grated appearance and not get mushy. Be sure not to overcook as the mixture will have more cook time in the the oven.
6. When mixture is cooked through, turn off heat.
7. With a spoon create 6 wells in sweet potato sausage mixture. Crack 1 egg in each well.
8. Place skillet in oven for approximately 5-8 minutes depending on desired firmness of your egg.
9. To serve, scoop onto a plate and garnish with sliced avocado.