

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Southwestern Breakfast Skillet (21 DSD Compliant)

From *The 21 Day Sugar Detox Cookbook* by Diane Sanfilippo

Servings 4

1 Tbsp coconut oil or ghee  
½ cup diced red onion  
½ cup diced yellow bell pepper  
½ cup diced red bell pepper  
1 jalapeno, minced (optional)  
1 pound ground beef, bison, turkey or chicken  
2 Tbsp Southwestern Spice Blend\*  
4 cups of shredded parsnips (to make it 21 DSD compliant) or sweet potatoes  
1 (4-oz) can diced green chilies  
6 eggs  
Sea salt and black pepper to taste  
2 Tbsp or more Avocado Crema\*\*  
¼ cup chopped cilantro

1. In a large oven-safe skillet over medium-high heat, melt the coconut oil and cook the onion, bell peppers, and jalapeno for 1 minute. Crumble in the ground meat and sprinkle with 1 Tbsp of the Spice Blend. Stir to combine and cook until the meat is browned and mostly cooked through, about 10 minutes.
2. Add the shredded sweet potatoes and can of green chilies, sprinkle with the remaining 1 Tbsp of the Spice Blend, and stir to combine. Continue cooking until the parsnips or sweet potatoes start to soften (don't allow them to get too soft), about 3 to 5 minutes.
3. Place the oven rack in the top position and preheat the broiler to low.
4. Make 6 wells in the meat-parsnip or sweet potato mixture and crack an egg into each one. Put the pan under the broiler and cook for about 5 minutes or until the whites are cooked through and the yolks are cooked to the desired doneness.
5. Add salt and pepper to taste and garnish with Avocado Crema and cilantro.

\*Southwestern Spice Blend: 2 Tbsp chili powder, 1 Tbsp ground coriander, 1 Tbsp sea salt, 1 Tbsp dried oregano, 1 Tbsp paprika, 1 Tbsp ground cumin, 1 tsp cayenne pepper. Combine all the spices in a bowl and store in a small container.

\*\*Avocado Crema: 1 avocado, ½ cup full-fat coconut milk, canned, ½ tsp ground cumin, ¼ tsp sea salt, Juice of ¼ lime, 1/8 tsp cayenne pepper (optional).

Puree all ingredients in a food processor or blender until well combined and smooth. The crema will keep for a couple of days when refrigerated in an airtight container.