

Sweet Potato Hash with Eggs

Yields: 2 servings
Prep: 30 min

Ingredients

Parchment paper
2 medium sweet potatoes cut into 1-inch cubes
1 medium onion chopped
2 cloves garlic chopped
1 medium red bell pepper chopped
1 can black beans drained, rinsed
1 cup corn kernels
1 Tbsp. + 1 tsp. olive oil
1 1/2 tsp. chili powder
1/4 tsp. ground cumin
1/4 tsp. ground paprika
1/2 tsp. salt, divided use (optional)
1/2 tsp. ground black pepper, divided use
8 large eggs (can use fewer eggs if you'd like)
2 Tbsp. finely chopped cilantro

Directions

1. Preheat oven to 400 degrees.
2. Line large sheet pan with parchment paper.
3. Combine sweet potatoes, onion, garlic, bell peppers, corn, oil, chili powder, cumin, paprika, 1/4 tsp. salt, 1/4 tsp. pepper in a large bowl; toss gently to blend.
4. Place mixture on sheet pan and bake for 18 to 20 minutes, stirring after 10 minutes.
5. Create 8 wells in the sweet potato mixture and crack an egg in each well. Season eggs with remaining salt and pepper. Bake for 8 to 10 minutes or until eggs are set.
6. Garnish with cilantro and serve.