

BREAKFAST HASH



INGREDIENTS

1 lb brussels sprouts halved or quartered	8 slices bacon, chopped
8 oz white mushrooms halved or quartered	6 large eggs
1 tbsp olive oil	Sea salt and pepper to taste
1/2 large onion diced (or 1 small onion)	Everything Bagel seasoning
3 cloves garlic minced	Crushed red pepper (optional)

DIRECTIONS

1. Preheat oven to 425 degrees F. Arrange brussel sprouts and mushrooms on a sheet pan in a single layer, drizzle with the olive oil and sprinkle with salt and pepper. Sprinkle onions over the top, then arrange bacon pieces evenly over veggies.
2. Roast for 15 minutes, then sprinkle with the garlic and gently stir. Roast another 10 minutes or until bacon is crisp and veggies soft, then remove from oven.
3. Make small spaces in the hash for each egg, crack one at a time gently into a space. Sprinkle everything bagel seasoning and crushed red pepper over eggs, bacon, and veggies as desired.
4. Return sheet pan to oven and bake another 5-10 mins or until eggs are cooked to preference. Serve immediately.

Nutrition Information:

Calories 262kcal • Fat 19g • Saturated fat 5g • Cholesterol 205mg • Sodium 286mg • Potassium 565mg • Carbohydrates 10g • Fiber 3g • Sugar 3g • Protein 13g • Vitamin A 17% • Vitamin C 80.5% • Calcium 6.5% • Iron 12.5%



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