

Soft Scrambled Eggs on Sweet Potatoes



Make these eggs - complete with spinach and sweet potatoes - for a quick dinner.

INGREDIENTS

- 2 medium sweet potatoes (about 9 oz. each)
- 2 Tbsp. olive oil, divided
- Kosher salt and pepper
- 8 large eggs
- 3/4 cup low-fat cottage cheese
- 1 cup baby spinach, roughly chopped
- 1/4 cup basil leaves, roughly chopped

DIRECTIONS

STEP 1

Heat oven to 450°F.

STEP 2

Prick potatoes all over with fork and place on large plate. Microwave on High, flipping halfway through, until fork-tender, 6 to 7 minutes total. Transfer to cutting board and halve lengthwise. Brush cut sides with 1 tablespoon oil, season with 1/4 teaspoon each salt and pepper, and place on small rimmed baking sheet, cut sides down. Roast until tender and golden brown, 15 to 18 minutes.

STEP 3

Eight minutes before potatoes are finished, in large bowl, whisk together eggs, cottage cheese, and 1/4 teaspoon each salt and pepper. Heat remaining 1 tablespoon oil in large nonstick skillet on medium. Add eggs and cook, stirring often, until nearly set, 3 to 4 minutes. Remove from heat and fold in spinach and basil. Spoon over sweet potatoes.

NUTRITION FACTS

Serving Size: 1 piece | Total servings: 6 | Per Serving: 310 calories, total carbohydrate 5g, dietary fiber 2g, total sugars 2g, protein 20g, total fat 24g, saturated fat 13g, cholesterol 209mg, sodium 546mg



Wisconsin Athletic Club

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