

White Bean Breakfast Hash with Chipotle, Sunny Egg, and Sweet Potato

YIELD: 6 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap cheese for a dairy-free alternative or omit cheese

To make it FODMAP friendly, avocado may be tolerated in small amounts and swap onion for green part of green onions or chives

INGREDIENTS

- 1 Tbsp avocado oil
- 1 small sweet potato, shredded
- 1 small onion, medium dice
- 1 chipotle chili, minced
- 1 red bell pepper, medium dice
- 1 cob sweet corn, removed from cob
- 2 cups white beans (rinsed well if using canned)
- 1 cup green beans, trimmed and quartered
- 6 eggs (or 12 oz hummus for vegan option)
- 1 avocado, diced
- ½ cup cilantro, rough chopped
- Tabasco or Valentina hot sauce (to taste)
- ½ cup cotija cheese, crumbled (optional)
- Salt, kosher (to taste)

DIRECTIONS

1. Preheat oven to 400°F.
2. Preheat the pan and the avocado oil (1 Tbsp) over medium heat.
3. Add the sweet potato and onion to the pan, and sauté for about five minutes or until it begins to brown.
4. Add the chipotle chili, red bell pepper, sweet corn, white beans (2 cups), and green beans (1 cup) to the pan. Sauté for one minute.
5. With the back of a spoon, make six wells in the pan. Crack eggs into the wells (or add 2 oz of hummus per well).
6. Place the skillet in the oven for 5–7 minutes or until the egg whites are set but the yolks still slightly jiggle when shaking the pan.
7. Remove the pan from the oven.
8. Top with avocado, cilantro (½ cup), hot sauce, and cotija cheese (½ cup).
9. Serve by scooping out an “egg,” along with the goodies around it, with a large spoon.



Share your healthy eats
with us @Wellbeats



White Bean Breakfast Hash with Chipotle, Sunny Egg, and Sweet Potato

NUTRITION FACTS

Serving size 1 (9.3oz)

Amount Per Serving 265g

Calories 311

% Daily Value

Total Fat 14.4g 22%

Saturated Fat 3.8g 22%

Cholesterol 171mg 57%

Sodium 556mg 23%

Total Carbohydrate 32g 11%

Dietary Fiber 8g 34%

Sugars 4g

Protein 16g 32%

Vitamin A 66%

Vitamin C 89%

Calcium 17%

Iron 23%