

Breakfast | Lunch | Dinner

Skillet Sweet Potato Chicken Hash with Eggs

10 Mins
Prep Time

15-20 Mins
Cook Time

4
Servings

290 Calories **15g** Fat **17g** Carbs **21g** Protein



Ingredients

4 Servings **25-30 Mins** Total Time **Allergens: Eggs**

1 Tbsp Olive Oil

1 Medium Onion, chopped

1 Clove Garlic, minced

2 Medium Sweet Potatoes, peeled and diced

2 Tsp Fresh Thyme

¼ Tsp Paprika

8 oz Rotisserie Chicken, diced

4 Large Eggs

1 Tbsp Fresh Chives, chopped

Salt and Pepper, to taste

Allergen Swap

Egg Omit eggs

Nourishment Note!



Sweet Potatoes

Sweet potatoes are rich in many vitamins and minerals, including vitamin A, potassium, and vitamin C. Vitamin C is important for skin health and may be beneficial for those with psoriatic disease.



Chicken







Chicken is a lean protein source and may provide your body with the building blocks it needs to build new and healthy cells.

Instructions

- 1 Heat Olive Oil & Cook Onions**
In a large skillet, heat olive oil over medium-high heat. Add the onions and cook until they are golden and slightly translucent, about 5-6 minutes.
- 2 Add Garlic**
Add the garlic, cooking until fragrant, about 30 seconds.
- 3 Combine Ingredients**
Add the sweet potatoes, thyme, paprika, and a pinch each of salt and pepper. Stir to combine.
- 4 Cover and Cook**
Add 2-3 tablespoons of water to the skillet; cover and cook the sweet potatoes over medium-low heat, stirring occasionally, until crisp and tender, about 8-12 minutes.
- 5 Add Chicken**
Add the diced chicken to the skillet and cook for 2 minutes, uncovered.
- 6 Add Eggs**
Finally, make four wide wells in the hash. Crack 1 egg into each well. Season with salt and pepper and cover the skillet. Cook until the whites have set but the yolks are still runny, about 5-7 minutes.
- 7 Garnish, Serve & Enjoy!**
Top with fresh herbs and enjoy!

Recipe adapted from [skinnytaste.com](https://www.skinnytaste.com)

What You'll Need

-  Cutting Board
-  Knife
-  Vegetable Peeler
-  Measuring Spoons
-  Large Skillet
-  Spoon

PD Cooking Tips

Onion: Purchase frozen or pre-chopped onions.

Garlic: Purchase jarred, minced garlic.

Sweet Potatoes: Look for pre-chopped or spiralized sweet potatoes to avoid chopping.

Herbs: Substitute fresh herbs for dried herbs.

Rotisserie Chicken: Some grocery stores sell pre-shredded rotisserie chicken. Use to minimize prep time.