

Breakfast

# Sweet Potato Egg in a Basket

**15 Mins**  
Prep Time

**20 Mins**  
Cook Time

**3**  
Servings

**237 Calories** **13g Fat** **13g Carbs** **16g Protein**



## Ingredients

**3 Servings (2 Egg Cups)**

**35 Mins Total Time**

**Allergens: Eggs, Dairy**

**2 ½ Cups** Sweet Potato, peeled and grated (about 1 large sweet potato), (wash under cold running water before peeling)

**1 Tsp** Dried Thyme

**1 Tsp** Onion Powder

**½ Tsp** Salt

**⅛ Tsp** Pepper, plus more to taste

**⅓ Cup** Grated Parmesan Cheese, plus more for topping

**6 Large Eggs**

### Allergen Swap

**Eggs** This recipe can not be made without eggs

**Dairy** Omit Parmesan cheese

### Nourishment Note



#### Eggs

Eggs are an excellent source of lean protein to help grow new cells. Eggs also contain lutein that may promote eye health and choline important for memory



#### Sweet Potatoes

Sweet potatoes are loaded with beta-carotene, which is turned into vitamin A in the body. Vitamin A is critical for a healthy immune system.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat Oven and Prepare Baking Tin

Preheat oven to 375 °F. Spray a 6-cup muffin tin with non-stick cooking spray and set aside.

### 3. Combine Ingredients

In a large bowl, mix the grated sweet potato, thyme, onion powder, salt, pepper and Parmesan cheese until well incorporated.

### 4. Form Sweet Potato Mixture into Cups

Divide the sweet potato mixture evenly among 6 muffin tin cups. Use a spoon to press mixture into the bottom and along the sides of each of the cups, forming a well with no gaps.

### 5. Bake

Spray the sweet potato cups with non-stick cooking spray. Place in the oven and bake for 8 minutes.

### 6. Add Egg

Remove sweet potato cups from oven and use the spoon to gently press the sweet potato down to further make a well. Crack one egg into each cup.

### 7. Return to Oven

Return to the oven and bake for an additional 12-14 minutes.

### 8. Let Sit

Remove from the oven and allow to sit for one minute. Run a knife along the edges of each and carefully remove.

### 9. Sprinkle with Parmesan Cheese

Sprinkle with additional Parmesan cheese and salt and pepper, to taste.

### 10. Wash Hands

Wash hands with soap and water.

## What You'll Need



Cooking Spray



Vegetable Peeler



Box Grater/Food Processor with Grater Attachment



Large Bowl



Measuring Cups



Measuring Spoons



Muffin Tin



Spoon



Knife

### Breathe Better Food Tip

- Salicylates - Sweet potatoes can be high in salicylates. If you find them bothersome, try substituting with low salicylate vegetables, like white potatoes.
- Sulfites - Parmesan cheese contains sulfites, omit if bothersome.

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