

## SWEET POTATO AND CHICKEN HASH

This hearty dinner will satisfy any appetite. And don't be afraid of the Brussels sprouts: when cooked properly, they mellow into a nutty, delicious flavor.



### INGREDIENTS

- 1/2 Tbsp Coconut Oil
- 1 Cup Quartered Brussels Sprouts
- Sliced Onion
- 3 oz. Baked Sweet Potato, Chopped
- 4 oz. Chicken Breast, Cooked and Chopped
- 3 Egg Whites
- 1 Tbsp Water
- Salt and Pepper (*to taste*)

### INSTRUCTIONS

#### Step 1 ///

Heat the coconut oil in a large pan over medium-high heat.

#### Step 2 ///

Add the Brussels sprouts, sweet potato, chicken breast, and onion to the pan and let cook until everything starts to brown.

#### Step 3 ///

Turn the heat down to medium-low and push everything to one side, making room for your eggs.

#### Step 4 ///

In a bowl, whisk the egg whites with 1 Tbsp of water and add to the pan.

#### Step 5 ///

Once the eggs have started to cook, combine with the vegetable and chicken mixture and let cook for another minute.