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## **Egg and Potato Breakfast**

This recipe is a fun twist on the classic breakfast hash. You'll need a bowl that fits inside the pot to make this. When the eggs are cooked, turn the bowl upside down to reveal a molded dish. It's a great lazy morning meal that's a nice balance of proteins, carbs, and fats.

Serving Size: 3 cups

Serving Size: 2

Prep Time: 10 minutes

Cook Time: 31 minutes

### **Ingredients**

6 slices turkey bacon, chopped  
2 cups finely diced sweet potatoes  
2 whole eggs  
1 cup egg whites  
1/4 cup almond milk  
1/2 cup shredded cheddar cheese  
1 red pepper, diced  
1 cup spinach  
1 onion, sliced  
2 green onions, finely diced  
1 tbsp olive oil  
Salt and pepper to taste

### **Directions**

1. Turn Instant Pot to sauté.
2. When pot is hot, add chopped bacon and sauté until crispy. Remove and drain on paper towel.
3. Add the olive oil and vegetables to pot. Sauté for 2-3 minutes.
4. Add sweet potatoes and cook for 5 more minutes.
5. Remove all ingredients from Instant Pot.

6. Spray the interior of a bowl that will fit inside Instant Pot with non-stick cooking spray.
7. Add the eggs and egg whites, milk, cheese, salt, and pepper to bowl. Whisk until combined. Add the bacon, sweet potatoes, and vegetables to mixture.
8. Place trivet in bottom of Instant Pot. Add 1-1/2 cups water to Instant Pot. Place bowl on top of trivet. Water should surround bowl.
9. Cover Instant Pot and cook at high pressure for 20 minutes.
10. Release pressure, and remove bowl from pot. Bowl will be hot!
11. Loosen the food from the edges from the bowl and turn bowl upside down to release egg dish onto a plate.
12. Carefully cut egg dish into slices. Serve each slice garnished with cheese.