

BAKED BREAKFAST SWEET POTATO WITH SCRAMBLED EGGS



DIFFICULTY

EASY



TIME

10 MIN



SERVES

1

INGREDIENTS

- 1 small Sweet Potato (*or 1/2 medium-large sweet potato*), about 4 oz.
- 2 Eggs, lightly beaten
- 1-2 tsp. Canned Coconut Milk (*optional*)
- 1/4 tsp. Ground Cumin
- 2 tsp. Coconut, Avocado or Olive Oil
- 1/2 cup Sprouts
- 2 tbsp. Cilantro, roughly chopped
- Sea Salt and Pepper, to taste
- A few drops of hot sauce

DIRECTIONS

1. Bake sweet potato. The easiest way to do this is to prick sweet potato 3-4 times with the tip of a knife. Then, microwave it for 8-10 minutes, depending on size. A more traditional way is to bake it. Do so by placing sweet potato in a 350 degree oven for 45 minutes (can take up to 1 hour and 15 minutes, depending on size).
2. Remove sweet potato from microwave or oven. Split open.
3. Whisk together eggs, coconut milk, cumin, salt and pepper.
4. Add oil to small sauté pan. Heat on medium high.
5. Add eggs, salt and pepper to pan. Scamble until eggs are set.
6. Tuck scrambled eggs into split sweet potato.
7. Top with sprouts and hot sauce.

**based on a serving of two eggs*

NUTRITION FACTS PER SERVING

Calories: 310 Fat: 17.2g (Saturated Fat: 11.4g) Carbohydrates: 23.9g Fiber: 3.8g Sugar: 7.8g Protein: 14.6g



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