

Dr. J's Sweet Potato Skillet

Ingredients

2 eggs

1/2 of a sweet potato (julienne hash brown style)

1/4 of a sweet pepper any color (diced)

1/4 of an onion (diced)

1 cup of diced kale and spinach

1 tablespoon butter

2 tablespoons of coconut oil

Instructions

1. Set oven to 400. Julienne sweet potato and put in a mixing bowl. Melt coconut oil in a skillet and pour over the sweet potatoes. Arrange sweet potatoes in a single layer on a baking sheet and put in the oven. Bake for 15 minutes flipping them half way through.
2. When sweet potatoes are done melt butter in skillet and add hash browns cooking over medium heat flipping regularly for another 5 minutes.
3. Add peppers, onions, and kale/spinach blend. Cook for 5 more minutes.
4. Remove from heat and place in a bowl. 5. Melt remaining butter to coat pan. Cook 2 eggs over easy. Remove from heat and place eggs over hash browns in bowl. Add salt and pepper to taste.