



## Butternut Squash & Apple Hash with an Egg

3 servings

25 minutes

### Ingredients

3 tbsps Extra Virgin Olive Oil (divided)  
 2 cups Butternut Squash (peeled and chopped into 1 cm cubes)  
 1/2 cup Red Onion (chopped)  
 1/4 tsp Sea Salt  
 1 Apple (small, finely chopped)  
 2 cups Kale Leaves (chopped)  
 1/4 tsp Cinnamon  
 9 Egg

### Nutrition

Amount per serving	
Calories	423
Fat	28g
Carbs	24g
Fiber	4g
Sugar	10g
Protein	21g
Cholesterol	558mg
Sodium	423mg
Vitamin A	11439IU
Vitamin C	37mg
Calcium	176mg
Iron	4mg

### Directions

- 1 Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
- 2 Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 3 In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
- 4 Divide the breakfast hash between plates and top with an egg. Enjoy!

### Notes

**Leftovers:** Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

**Serving Size:** One serving is approximately 1 cup of breakfast hash and 2 eggs.

**More Protein:** Add in cooked sausage, chicken or bacon.

**Apple:** This recipe was created and tested using Spartan apples.

**Consistency:** Chop the butternut squash and apples into similar size cubes to ensure even cooking.

**No Red Onion:** Use a yellow or sweet onion instead.