



Hashbrown Egg Cups with Veggies

6 servings

45 minutes

Ingredients

- 3 Red Potato (large, shredded)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 12 Egg
- 6 cups Cucumber (sliced)

Nutrition

Amount per serving	
Calories	252
Fat	12g
Carbs	20g
Fiber	3g
Sugar	3g
Protein	15g
Cholesterol	372mg
Sodium	164mg
Vitamin A	547IU
Vitamin C	13mg
Calcium	83mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Wrap the shredded potato in paper towel and squeeze out all of the excess liquid. Transfer it to a large mixing bowl. Add oil, salt, and pepper, and mix to combine.
- 3 Scoop the potato mixture into each muffin cup until it is all used up. Using your fingers, create a hole in the center of each one, then crack an egg into each of the holes. Season with more salt and pepper, if desired.
- 4 Bake in the oven for 30 minutes or until cooked through. Remove from the muffin tray and serve with the cucumbers. Enjoy!

Notes

Leftovers: Refrigerate the egg cups in an airtight container for up to five days. Freeze for up to three months. Serve the veggies fresh.

Serving Size: One serving is equal to two egg cups with veggies.

More Flavor: Add garlic and onion powder to the potato mixture. Use everything bagel seasoning on the cucumber and tomato slices.

Additional Toppings: Shredded cheese.