

## Brussel Sprout Hash #2

- 1/2 small red onion, finely diced
- 1 clove garlic, minced
- 12 oz. Brussels sprouts, stemmed and sliced
- 1 tablespoon extra-virgin olive oil
- Himalayan sea salt and freshly ground pepper, to taste
- 2 eggs



1. Add teaspoon oil along with the onion, and garlic to the pan or skillet and cook for 2-3 minutes, stirring occasionally. Stir in the Brussels sprouts, along with remaining olive oil. Season generously with salt and pepper to taste. Sauté for 8-10 minutes until the Brussels sprouts are bright green and fork-tender.

2. Move veggies to make room for two eggs. Cover and cook until the eggs are set. Serve immediately.

Makes 1 serving.

Serving size: 2 eggs, 1 cup cooked veggies

Enjoy with 1 cup of on plan fruit to complete the meal.

