

## **Brussel Sprout Hash with Eggs**

- 1 shallot peeled and thinly sliced
- 1 lb. brussels sprouts shaved or thinly sliced
- 1/2 teaspoon ground mustard
- 1/2 teaspoon Himalayan sea salt
- 1/2 teaspoon cracked black pepper
- 1 teaspoon apple cider vinegar
- 1 tablespoon butter
- 4 eggs
- Pinch red pepper flakes



1. Prepare the brussels sprouts. Trim the root ends and remove any bruised or yellowing leaves. Slice each sprout in half, then place cut side down. Thinly slice along the sprout lengthwise to create thin ribbons. Set the sprouts aside and prepare the bacon and shallot.
2. Heat a cast iron skillet over medium high heat. Add the shallots to the pan and sauté, stirring occasionally, until soft and start to brown around the edges, 3-4 minutes.
3. Add the brussels sprouts, ground mustard, salt, and pepper to the pan and give everything a good stir. Sauté the hash, stirring frequently, until the brussels sprouts are barely wilted, 4-5 minutes. Add the apple cider vinegar and stir continuously until the vinegar is evaporated, 1-2 additional minutes.
4. Remove from heat and divide between 4 plates. If you're preparing these in advance, transfer the portions to 4 containers.
5. For immediate serving: Heat a 12" non-stick skillet over medium heat and add 1 tablespoon butter. Crack four eggs into the pan, one at a time, and fry for 1-2 minutes until the edges are set. Cover the pan and continue to cook until the whites are barely, an additional 2-3 minutes. Top each plate of hash with a fried egg, sprinkle with red pepper flakes, and serve immediately.

Makes 2 servings.

Serving Size = 2 cups of brussel sprouts and 2 eggs

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

