

## Vegetable Hash with Poached Eggs

- 1/2 of a yellow onion, diced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 summer squash, diced
- 1/2 pound asparagus, cut into 2 inch pieces, woody ends discarded
- 3/4 teaspoon Himalayan sea salt, divided
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon black pepper

### **Poached Eggs:**

- 8 eggs
- 2 teaspoons white vinegar
- 1 teaspoon kosher salt



### **Vegetable Hash:**

1. Heat a large skillet over medium high heat. When the skillet is hot add in the onion, carrot, bell pepper, and 1/4 teaspoon of salt. Sauté the vegetables for about 4 minutes or until just tender, then remove from the skillet onto a plate.
2. Then add in the asparagus, zucchini, summer squash, remaining 1/2 teaspoon of salt, black pepper, thyme, and rosemary (rub the thyme and rosemary between the palms of your hands to crush it slightly). Cook the vegetables for another 4 minutes until just tender.
3. Add the onion, and red bell pepper back in with the other vegetables. Cook for another minute then remove from the heat and top with the poached eggs.

### **Poached Eggs:**

1. In a large pot add water until it comes up about 2-3 inches on the sides. Bring the water to a simmer over medium heat then add in the vinegar and salt. Crack the eggs separately into small dishes.
2. Using a slotted spoon create a whirlpool in the simmering water then gently pour 2 of the eggs individually into the swirling water. Let the eggs cook in the water for about 2-3 minutes depending on how soft you want them, then lift them out with the slotted spoon and let them drain on a paper towel while you repeat the process with the remaining eggs. Sprinkle the eggs with salt and pepper.

Makes 4 servings.

Serving Size = 2 eggs and 1 cup of vegetables

Enjoy with 1 serving of fruit to complete the meal.

