

# Breakfast Hash

Serving Size: 1/3 of recipe | Servings per Recipe: 3 | Healthy



## INGREDIENTS

- 2 large russet potatoes
- 4 eggs
- 1 bell pepper
- 1 cup of diced mushrooms
- 1 tsp oil
- Salt and pepper to taste

## DIRECTIONS

- Preheat oven to 425°F.
- Dice potatoes, toss with oil, salt, and pepper. Spread on a baking sheet and bake for 25–30 minutes.
- Sauté mushrooms and bell peppers on medium heat until soft.
- Beat eggs, pour into the pan, and cook until done.
- Stir in the roasted potatoes and serve.



Calories per serving: 230 kcal | 4 g total fat | 35 g total carbohydrates | 13 g protein