

Sweet Potato and Kale Fried Egg

Ingredients:

2 cups chopped kale
1/2 sweet potato
1/8 red onion diced
1 egg
1 teaspoon avocado oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon paprika
1 tablespoon Parmesan cheese

Directions:

First dice the sweet potato into small cubes. Then thinly chop the kale and onion. Place a pan on medium heat and add in the avocado oil. Then add the sweet potato into the pan along with the spices. Cook for 10 minutes then add in the onions & cook for another 5 minutes until the sweet potatoes are soft. Then add the kale into the pan for 1-2 minutes to soften it. Do not wilt the kale. Remove the veggies from the pan then top with the fried egg & parmesan.

Cooking Time: 7-10 Minutes

Serving Size: 1

Cooking Appliance:

Notes: