

Brussels Sprouts Hash and Eggs

Recipe Type: Entree

Serves: 4

Prep Time: 2 minutes

Cooking Time: 5 minutes

C means cup T means tablespoon t means teaspoon oz means ounce

What you need:

- 4 C Brussels sprouts, finely chopped
- ¼ t salt and pepper
- 2 T butter
- 6 cloves garlic, finely chopped
- 1 T lemon juice
- 4 eggs



What to do:

1. Wash your hands.
2. Chop off the ends of the brussels sprouts. Slice them in half, then finely shred each half.
3. Place the shreds in a bowl and sprinkle with salt and pepper.
4. Melt the butter in a non-stick pan on medium-high heat, swirl around to coat the pan.
5. Add brussels sprouts and garlic, cook for 1 minute.
6. Crack eggs into separate areas of the pan, sprinkle with salt and pepper.
7. Pour 2 T of water and cover with a lid.
8. Let the eggs steam for 2 minutes.
9. Once the whites of the eggs are cooked through, turn off the heat and sprinkle everything with lemon juice.
10. Serve and enjoy!

Contains Milk and Egg

Nutrition Facts	
4 servings per container	
Serving size	1 Cup (214g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 620mg	27%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 1mcg	6%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 79mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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