

Southwest Breakfast Bowl

Prep Time: 25 minutes

Cook Time: 25 minutes

Ingredients:

1 package of bacon

2 Eggs/person, scrambled (or prepared according to your preference)

1/2 yellow onion, halved lengthwise and sliced thin

1 red pepper (sliced to 1/4-inch strips)

1 yellow squash or zucchini (quartered lengthwise, then 1/4-inch pieces)

1 can black beans, drained and rinsed

1 cup Yukon gold and sweet potato hash (see recipe)

1 medium Avocado

1 cup Baby Spinach or arugula, chopped coarsely

Optional Garnishes: Cilantro Leaves, Salsa, Jalapeños, and/or Red Onion

1. Prepare bacon. To save time, I like to cook bacon in toaster oven on parchment lined rimmed dish. Bake at 375 about 20 minutes turning once during cooking time.
2. Add one tablespoon of oil to cast iron or nonstick skillet. Add onion, bell pepper, yellow squash to pan. Season with salt and pepper. Sauté until just tender, then add black beans to pan and stir. Cook about 2 minutes longer or until beans heated through. Remove vegetables to glass storage container and cover to retain heat.
3. Add small drizzle of avocado oil or other cooking oil to pan. Prepare eggs to your liking.
4. Layer sweet potato hash, sautéed vegetables, fresh chopped spinach. Top with prepared egg, bacon, and salsa if desired.

Enjoy!