

Roasted Veggie, Sausage, and Egg Hash

- 2 medium sweet potatoes, peeled and medium diced
- 2 carrots, peeled and medium diced
- 6 small red skin potatoes, medium diced
- ½ red onion, peeled and small dice
- bag of pre-shredded Brussels sprouts
- 7 oz (1/2 pack) ground turkey sausage (casings remove)
- 2 eggs
- avocado to top (optional)

Instructions

- Preheat oven to 415 degrees F.
- Peel and dice carrots and sweet potatoes to about the same size. Dice red potatoes to same size.
- Place diced vegetables on sheet pan. Drizzle with olive oil and sprinkle salt and pepper.
- On a separate sheet pan, pour out the bag of Brussels sprouts. Drizzle with enough olive oil to coat and sprinkle with salt and pepper.
- Bake Brussels for 15 minutes. Remove from oven and set aside.
- Flip root veggies after 15 minutes and bake for another 10 minutes.
- While the veggies bake, heat a medium nonstick skillet over medium heat. Drizzle with 1 tbsp olive oil and sauté the red onion until softened.
- Add ground turkey sausage and break up with rubber spatula. Cook meat until completely cooked through.
- In a large bowl, gently toss together veggies, sausage, and onion. Plate into large bowls. Top with a fried egg and sliced avocado (optional).