

Kale Sweet Potato Breakfast Hash

★★★★★
4.67 from 3 votes

Prep Time

10 mins

Cook Time

35 mins

Total Time

45 mins

This Kale Sweet Potato Breakfast Hash is gluten-free, grain-free, dairy-free, vegetarian and paleo. Top it off with a sunny side up egg and voila!

Course: Main

Cuisine: American

Servings: 2 to 4 people

Calories: 353 kcal

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Ingredients

- 3 tablespoons cooking oil
- 2 medium sweet potatoes, peeled and dice into small cubes
- 1 medium onion, finely diced
- 1 tablespoon minced garlic
- 2 cups kale, finely chopped
- 1/4 teaspoon ground sage
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon dried rosemary
- 1 teaspoon coarse sea salt

Instructions

1. In frying pan on medium heat, add cooking oil, sweet potatoes, onions and garlic. Mix and cook, stirring occasionally for 15 minutes.
2. Add kale, sage, smoked paprika, rosemary and sea salt. Cook for another 15-20 minutes or until the edges of the sweet potatoes start to brown and are fully cooked through and tender.
3. Serve with a sunny side up egg or two and enjoy!

Notes

Nutrition Facts	
Kale Sweet Potato Breakfast Hash	
Amount Per Serving (1 /2 of recipe)	
Calories 353	Calories from Fat 189
% Daily Value*	
Total Fat 21g	32%
Sodium 1260mg	53%
Potassium 866mg	25%
Total Carbohydrates 39g	13%
Dietary Fiber 6g	24%
Sugars 8g	
Protein 6g	12%
Vitamin A	502%
Vitamin C	148%
Calcium	16%
Iron	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Kale Sweet Potato Breakfast Hash <https://www.isabeleats.com/kale-and-sweet-potato-breakfast-hash/>