

Sweet Potato Hash with Egg



Ingredients

- 2 large sweet potatoes (cut into cubes, about 4 cups)
- 1 cup water
- 1 tablespoon vegetable oil
- 1 teaspoon vegetable oil
- 2 chicken sausages
- 1 small yellow onion (peeled and diced)
- 1 bell pepper (cored and diced)
- 2 cloves garlic (peeled and minced)
- 4 large eggs

Directions

1. Put sweet potatoes and water in a skillet and bring to a boil over high heat.
2. Reduce heat to low and cook about 20 minutes, stirring occasionally, until the water has been absorbed by the sweet potatoes.
3. Add oil, sausage, onion, bell pepper, and garlic to the skillet with the sweet potatoes. Cook about 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Divide the hash between 4 plates and return the skillet to the stove.
5. Reheat the skillet over medium high heat and when it is hot, add the remaining 1 teaspoon oil.
6. Add the eggs, one at a time, and cook about 3-5 minutes until the whites are solid and the yolks begin to thicken but are not hard. Flip the egg and cook for one more minute.
7. Top sweet potato hash with an egg and serve right away.

Nutrition Information

Yields: 4 servings

Serving size: 3-4 ounces

Calories	.346
Total fat	.14g
Saturated fat	.3g
Cholesterol	.252mg
Sodium	.405mg
Carbohydrates	.35g
Dietary fiber	.6g
Total sugars	.8g
Protein	.20g

Get Enough Sleep

It's important to get enough sleep. Sleep helps keep your mind and body healthy.

How Much Sleep Do I Need?

Most adults need 7 to 8 hours of good quality sleep on a regular schedule each night. Make changes to your routine if you can't find enough time to sleep.

Getting enough sleep isn't only about total hours of sleep. It's also important to get good quality sleep on a regular schedule so you feel rested when you wake up.

Why is Getting Enough Sleep Important?

Getting enough sleep has many benefits. It can help you:

- Get sick less often
- Stay at a healthy weight
- Lower your risk for serious health problems, like diabetes and heart disease
- Reduce stress and improve your mood
- Think more clearly and do better in school and at work
- Get along better with people
- Make good decisions and avoid injuries—for example, sleepy drivers cause thousands of car accidents every year

Fitness Tip



It's important to spend about 5 minutes at the beginning of your routine to warm up. Warming up gives your muscles a chance to get ready to work. Warm-up activities can help you prevent injury and reduce muscle soreness later.

Suggestions

- Take a walk
- Ride a bike
- Dance around your living room or kitchen
- Walk up and down the stairs a few times