



Sweet Potato and Leek Hash with Andouille Sausage

Ingredients

- ½ tablespoon grapeseed or olive oil
- ¼ large sweet potato chopped into ¼" cubes
- 1 small leek, halved lengthwise and chopped
- ½ clove garlic, minced
- 1 pinch Cajun seasoning to taste
- 4 ounces Andouille sausage, sliced
- kosher salt to taste
- 1 egg per serving

Directions

1. In a large skillet or wok, heat the oil over medium-high heat. Add the sweet potato and sauté until softened and, stirring frequently, about 20 minutes.
Note: if the outside of the sweet potato begins cooking too quickly at any point, reduce the heat to medium.
2. Add the chopped leek, garlic, and Cajun seasoning and continue sautéing about 5 minutes.
3. Add the chopped Andouille sausage and cook until everything is crisp on the outside, about another 5 to 8 minutes.
4. In small non-stick pan, add 1 tablespoon vegetable oil over medium-high heat. Crack the egg into the pan, and spoon the oil over the top of the egg until the desired yolk consistency is reached.)
5. Serve egg on top of the hash.

Calories 266

Total Fat 21 g

Saturated Fat 2 g

Cholesterol 164 mg

Sodium 1210 mg

Total Carbohydrate 10 g

Dietary Fiber 1 g

Sugars 1 g

Protein 16 g