

# Butternut Squash and Apple Hash with an Egg

3 SERVINGS 25 MINUTES



## INGREDIENTS

2 cups Butternut Squash (peeled and chopped into 1/2 inch cubes)  
1 Apple (small, peeled, finely chopped)  
2 cups Baby Spinach  
6 Egg  
1/2 Yellow Onion (chopped)  
1/2 tsp Cinnamon  
1/4 tsp Sea Salt  
3 tbsps Extra Virgin Olive Oil (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	349	Iron	4mg
Fat	23g	Vitamin D	82IU
Carbs	23g	Folate	113µg
Fiber	4g	Magnesium	63mg
Protein	14g	Zinc	2mg
Vitamin C	28mg		

## DIRECTIONS

- 01 Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
- 02 Add the apple and spinach and continue to cook until the spinach has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 03 In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
- 04 Divide the breakfast hash between plates and top with an egg. Enjoy!

## NOTES

### RECIPE ID 303

### APPLE

Add the apple with the squash if you want a soft, well-cooked apple.

### SERVING SIZE

One serving is approximately 1 cup of breakfast hash and 2 eggs.

### MORE PROTEIN

Add in cooked sausage, chicken or bacon.