

# **Egg with Bacon + Brussels Sprout Hash**

Hash out a healthier meal with this brussels sprouts hash by [CookSmarts](#). Thinly sliced and sautéed with bacon will mask any bitterness that some associate with this nutritious vegetable. By replacing the traditional potato ingredient in this dish with Brussels sprouts we have a low-carb option fit for any meal of the day.

## **Egg with Bacon + Brussels Sprout Hash Ingredients**

- 1 slice bacon, cooked
- 6 Brussels sprouts, thinly sliced
- 1 tbs. olive oil
- 2 tablespoons pistachio (or other preferred variety of nut), chopped
- 1 large egg
- Salt & pepper
- Optional flavor additions: mustard, red wine vinegar, hot sauce

## **Directions**

Heat a medium-sized non-stick pan over medium-high heat. Add ½ the oil and then chopped bacon. Cook bacon for about 3 to 4 minutes until the edges start to crisp. Add brussels sprouts and sauté for about another 2 to 3 minutes. Since the sprouts have been sliced so thinly, they will cook quite quickly. Add your flavors and nuts and toss through. Spoon your hash onto a serving plate, and return the pan over medium-high heat. Add another half tbs. of oil and crack your egg(s) into pan. If you're indulging and want to fry your eggs with some butter, you're welcome to use a combination of butter / oil (hey, if you're having brussels sprouts for breakfast, you can indulge and no one will criticize!). Once your egg is fried, slide it over your hash and sprinkle with desired amount of salt and pepper. At this point, I like to break the yolk, and use it as a sauce for my brussels sprout breakfast hash.

## **Nutrition Information**

**Serves: 1 | Serving Size: 1 hash**

**Per serving:** Calories: 321; Total Fat: 25 g; Saturated Fat: 5 g; Monounsaturated Fat: 13 g; Cholesterol: 224 mg; Sodium: 581 mg; Total Carbohydrate: 12 g; Dietary Fiber: 6 g; Sugars: 3 g; Protein: 15 g

**Nutrition Bonus:** Potassium: 651 mg; Vitamin A: 23%; Vitamin C: 162%; Calcium: 8%; Iron: 16%

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