

## hearty breakfast plate

**SERVES 1 • READY IN 25 MINUTES OR LESS**



PHASE 2

PHASE 3

### Ingredients:

- 1 medium sweet potato, peeled and cut into 1" chunks
- 1 tsp olive oil
- 1 tbsp butter, divided
- ¼ tsp salt, divided
- 3 cremini mushrooms, stems removed
- 1 roma tomato halved widthwise
- 2 cups baby spinach
- 3 large eggs
- 6-8 oz lean ham, cut into 2 or 3 thick slices
- fresh ground pepper to taste
- 1/2 grapefruit (optional)

Preheat an oven to 400F. Toss sweet potato with olive oil and a little of the salt reserving some to season the other vegetables and eggs. Roast for 12-15 minutes while you prepare the rest of the platter or until cooked through.

Place half of the butter in a large nonstick skillet over medium high heat. When butter starts to foam, place mushrooms cap side down in the pan. Add tomatoes cut side down into the pan. Sear mushrooms and tomato without moving it for 2-3 minutes or until golden brown. Flip and place to one side of the skillet and sear for another 2-3 minutes. Place spinach to the other side of the skillet, moving it around with a spatula to wilt it. Sprinkle vegetables with a little of the salt.

Remove from the pan to a plate and cover to keep warm.

Clean out the skillet making sure any burned bits are scrubbed off. Place skillet back onto the heat and add remaining butter in. Crack 3 eggs in on one side of the skillet for sunny side up eggs. Place ham on the other side. Cook eggs to desired doneness and sear ham until warmed through. Place on plate beside vegetables. Season with black pepper.

Serve with optional grapefruit.