

Breakfast | Lunch | Dinner

Skillet Sweet Potato Chicken Hash with Eggs

Side Effect: Weight Loss/ Loss of Appetite

10 Mins
Prep Time

15-20 Mins
Cook Time

4
Servings

290 Calories **15g Fat** **17g Carbs** **21g Protein**



Ingredients

4 Servings **25-30 Mins Total Time** **Allergens: Eggs**

1 Tbsp Olive Oil

1 Medium Onion, chopped

1 Clove Garlic, minced

2 Medium Sweet Potatoes, **washed**, peeled and diced

2 Tsp Fresh Thyme, **washed**

¼ Tsp Paprika

8 oz Rotisserie Chicken, diced

4 Large Eggs

1 Tbsp Fresh Chives, **washed** and chopped

Salt and Pepper, to taste

Allergen Swap

Egg Omit eggs

Nourishment Note



Chicken

Chicken is a high-quality protein source, with every ounce having about 9 grams of protein! This is important because protein needs may be higher when undergoing cancer treatment.



Eggs

Eggs are a great source of protein. Protein is important for building new and healthy cells. Protein needs are often increased when going through cancer treatments.



Sweet Potatoes

Root vegetables are high in insoluble fiber that can help relieve constipation, a common side effect of anti-cancer drugs. A diet high in anti-inflammatory foods, such as vegetables, may also help reduce inflammation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Heat Olive Oil & Cook Onions

In a large skillet, heat olive oil over medium-high heat. Add the onions and cook until they are golden and slightly translucent, about 5-6 minutes.

3. Add Garlic

Add the garlic, cooking until fragrant, about 30 seconds.

4. Combine Ingredients

Add the sweet potatoes, thyme, paprika, and a pinch each of salt and pepper. Stir to combine.

5. Cover and Cook

Add 2-3 tablespoons of water to the skillet; cover and cook the sweet potatoes over medium-low heat, stirring occasionally, until crisp and tender, about 8-12 minutes.

6. Add Chicken

Add the diced chicken to the skillet and cook for 2 minutes, uncovered.

7. Add Eggs

Finally, make four wide wells in the hash. Crack 1 egg into each well. Season with salt and pepper and cover the skillet. **Cook until the eggs are cooked through and yolks are no longer runny.** Top with fresh herbs and enjoy!

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [skinnytaste.com](https://www.skinnytaste.com)

What You'll Need



Cutting Board



Knife



Vegetable Peeler



Measuring Spoons



Large Skillet



Spoon

Fatigue Buster

- Purchase pre-shredded rotisserie chicken.
- Purchase pre-minced garlic.
- Purchase pre-chopped sweet potato.