

Breakfast

Sweet Potato Egg in a Basket

15 Mins
Prep Time

20 Mins
Cook Time

3
Servings

 **237 Calories** **13g Fat** **13g Carbs** **16g Protein**




Ingredients

 **3 Servings (2 Egg Cups)**

 **35 Mins Total Time**

 **Allergens: Eggs, Dairy**

2 ½ Cups Sweet Potato, peeled and grated (about 1 large sweet potato), **(wash under cold running water before peeling)** 

1 Tsp Dried Thyme

1 Tsp Onion Powder

½ Tsp Salt

¼ Tsp Pepper, plus more to taste

⅓ Cup Grated Parmesan Cheese, plus more for topping

6 Large Eggs 

Allergen Swap

Eggs This recipe can not be made without eggs

Dairy Omit Parmesan cheese

Nourishment Note



Eggs

Eggs are an excellent source of lean protein to help grow new cells. Eggs also contain lutein that may promote eye health and choline important for memory



Sweet Potatoes

Sweet potatoes are loaded with beta-carotene, which is turned into vitamin A in the body. Vitamin A is critical for a healthy immune system.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven and Prepare Baking Tin

Preheat oven to 375 °F. Spray a 6-cup muffin tin with non-stick cooking spray and set aside.

3. Combine Ingredients

In a large bowl, mix the grated sweet potato, thyme, onion powder, salt, pepper and Parmesan cheese until well incorporated.

4. Form Sweet Potato Mixture into Cups

Divide the sweet potato mixture evenly among 6 muffin tin cups. Use a spoon to press mixture into the bottom and along the sides of each of the cups, forming a well with no gaps.

5. Bake

Spray the sweet potato cups with non-stick cooking spray. Place in the oven and bake for 8 minutes.

6. Add Egg

Remove sweet potato cups from oven and use the spoon to gently press the sweet potato down to further make a well. Crack one egg into each cup.

7. Return to Oven

Return to the oven and bake for an additional 12-14 minutes.

8. Let Sit

Remove from the oven and allow to sit for one minute. Run a knife along the edges of each and carefully remove.

9. Sprinkle with Parmesan Cheese

Sprinkle with additional Parmesan cheese and salt and pepper, to taste.

10. Wash Hands

Wash hands with soap and water.

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

What You'll Need



Cooking Spray



Vegetable Peeler



Box Grater/Food Processor with Grater Attachment



Large Bowl



Measuring Cups



Measuring Spoons



Muffin Tin



Spoon



Knife

Breathe Better Food Tip

- Salicylates - Sweet potatoes can be high in salicylates. If you find them bothersome, try substituting with low salicylate vegetables, like white potatoes.
- Sulfites - Parmesan cheese contains sulfites, omit if bothersome.