



Spinach and Cheese Breakfast Skillet

Ingredients *Serves 1*

- 1 small russet potato (about 9 ounces), scrubbed (skin left on)
- 1 slice bacon
- 1 tablespoon extra-virgin olive oil
- 3 cups baby spinach
- 2 large eggs
- Freshly ground pepper
- $\frac{1}{8}$ teaspoon salt
- $\frac{2}{3}$ cup shredded Cheddar cheese (1 $\frac{1}{2}$ ounces)

Preparation

Total Time: 30 minutes

STEP 1: Prick potato in several spots with a fork; microwave on high for four minutes. Let cool for five minutes, then chop into $\frac{1}{2}$ -inch cubes.

STEP 2: Meanwhile, cook bacon over medium-high heat in an eight-inch cast-iron skillet until crisp. Remove the bacon from the skillet, but leave the bacon drippings in the pan. Add oil and diced potatoes and cook, stirring frequently, until the potatoes are browned, about five minutes. Add spinach; stir to combine and just wilt, about one minute. Season with salt.

STEP 3: Make two wells in the center of the hash and crack one egg into each well. Reduce the heat to medium and cook until the eggs are partially set, two to three minutes. Sprinkle with cheese, cover and cook until the cheese is melted and the egg whites are completely set, one to two minutes.

STEP 4: Chop the bacon and sprinkle on top. Garnish with a generous grinding of pepper.

Nutrition *Per Serving*

707 Calories, Total Fat: 42 g, Saturated Fat: 14 g, Cholesterol: 423 mg, Carbohydrates: 52 g, Fiber: 5 g, Total Sugars: 3 g, Added Sugars: 0 g, Protein: 33 g, Sodium: 932 mg, Potassium: 1786 mg, Folate: 269 mcg

Calcium: 483 mg