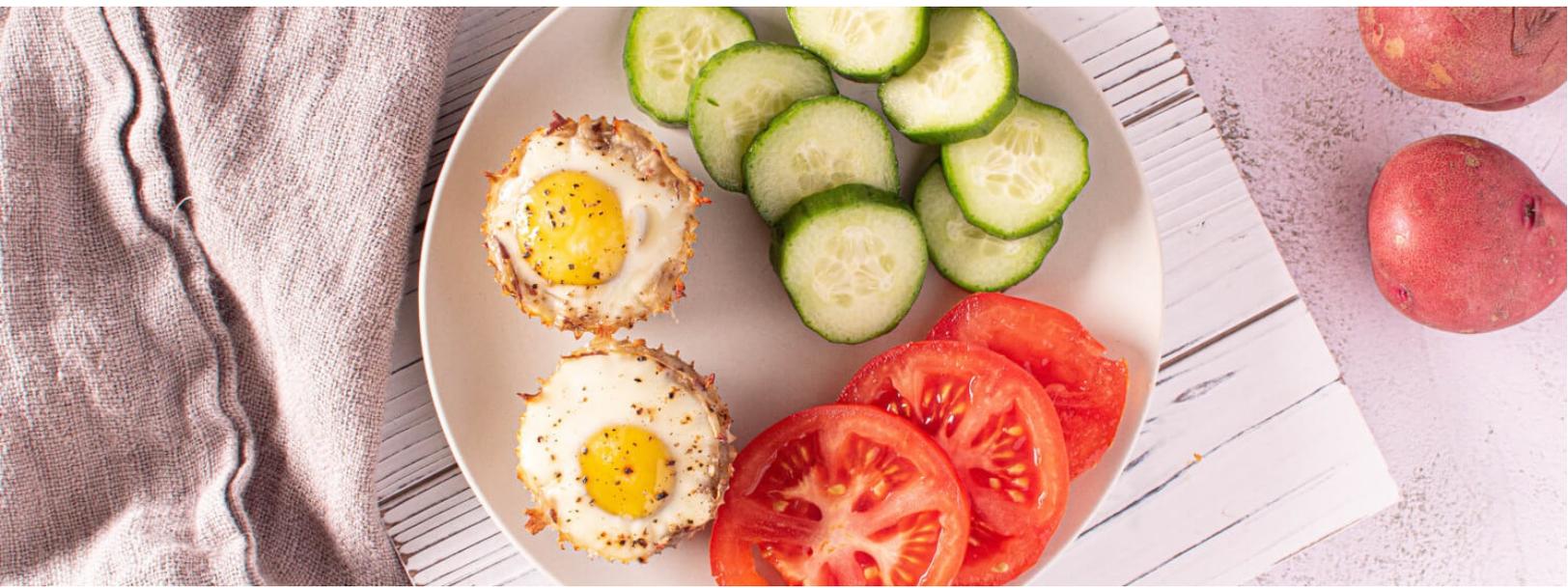


Hashbrown Egg Cups with Veggies

6 ingredients · 45 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray. (I simply spread a little ghee inside the muffin tray. (Worked great!))
2. Wrap the shredded potato in paper towel and squeeze out all of the excess liquid. Transfer it to a large mixing bowl. Add oil, salt, and pepper, and mix to combine.
3. Scoop the potato mixture into each muffin cup until it is all used up. Using your fingers, create a hole in the center of each one, then crack an egg into each of the holes. Season with more salt and pepper, if desired, or be creative and try paprika, shredded cheese, parsley... (I sprinkled some Italian garlic seasoning on top...goooooo!)
4. Bake in the oven for 30 minutes or until cooked through. Remove from the muffin tray and serve with the cucumbers and tomatoes. (For an extra "kick," place a bottle of hot sauce on the table.) Enjoy!

Notes

Leftovers

Refrigerate the egg cups in an airtight container for up to five days. Freeze for up to three months. Serve the veggies fresh.

Serving Size

One serving is equal to two egg cups with veggies.

More Flavor

Add garlic and onion powder to the potato mixture. Use everything bagel seasoning (YUM!) on the cucumber and tomato slices.

Additional Toppings

Shredded cheese.

Side Note:

I used a sweet potatoes...although any potato will do. Super easy to make and SO tasty!

Ingredients

- 3 Red Potatoes, Shredded
- 1 **tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 12 Eggs
- 2 Cucumbers (sliced)
- 3 Tomatoes (sliced)

Nutrition

Amount per serving

Calories	237	Cholesterol	372mg
Fat	12g	Sodium	161mg
Carbs	18g	Vitamin A	547IU
Fiber	2g	Vitamin C	9mg
Sugar	2g	Calcium	67mg
Protein	15g	Iron	3mg