

# SPAGHETTI SQUASH HASH



## SERVING SIZE

1



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Small Spaghetti Squash	1	Small Kale Leaves (Cut Into Thin Shreds)	4
Olive Oil	2 Tsp.	Vinegar	1 Tsp.
Turkey Bacon, Slices	2	Black Pepper	¼ Tsp.
Green Onion, Minced	2 Tbsp.	Large Egg	1
Garlic Clove, Minced	1	Salt	To Taste



## PREPARATION

- ✔ Cut the squash in half, remove the seeds, and microwave for 8–10 minutes until tender. Use a fork to scrape out the strands.
- ✔ In a skillet over medium heat, cook the turkey bacon until crispy, then chop it into small pieces.
- ✔ In the same skillet, heat olive oil and sauté green onion and garlic for 1–2 minutes. Add kale, spaghetti squash, vinegar, black pepper, and salt. Stir well.
- ✔ Make a small well in the hash and crack an egg into it. Cover the pan and cook until the egg is set to your preference.
- ✔ Top with crispy turkey bacon and enjoy a delicious, nutritious meal!