



SAUSAGE & POTATO BREAKFAST HASH



INGREDIENTS

ITEM	QUANTITY
• Low-fodmap Breakfast Sausage, or onion- and garlic-free sausage	3 Oz.
• Cooked Yukon Gold Potato, Diced	¾ Cup
• Diced Green Bell Pepper	¼ Cup
• Baby Spinach	½ Cup
• Sliced Green Onion Tops	2 Tbsps.
• Garlic-infused Olive Oil	1 Tsp.
• Smoked Paprika	½ Tsp.
• Dried Thyme	¼ Tsp.
• Salt and Black Pepper, to taste	
• Large Egg	1
• Chopped Fresh Parsley	1 Tbsp.

SERVING SIZE 1

PREPARATION

- Heat the garlic-infused olive oil in a large skillet over medium heat.
- Remove the sausage from its casing if necessary and add it to the skillet.
- Cook for 4-5 minutes, breaking the sausage into small pieces as it cooks, until browned and cooked through.
- Add the diced potatoes, green bell pepper, smoked paprika, thyme, salt, and pepper.
- Cook for 4-5 minutes, stirring occasionally, until the potatoes are heated through and beginning to brown.
- Add the spinach and green onion tops and cook for 1-2 minutes, until the spinach is wilted.
- Meanwhile, prepare the egg to your preference –fried, poached, or soft-scrambled.

- Transfer the hash to a bowl and top with the egg.
- Garnish with fresh parsley and serve immediately.