



Butternut Squash Hash with Fried Egg

Makes 4 servings

Ingredients

- 3 cups cubed butternut squash (2 pounds)
- 2 tablespoons extra-virgin olive oil, divided
- 1/3 cup sliced scallion, tops and bulb
- 1 medium zucchini, sliced
- 3 cups arugula
- 2 tablespoons fresh sage, chopped
- 1 teaspoon balsamic vinegar
- 2 cloves garlic, minced
- 3 cups baby spinach
- 1 15-ounce can white beans
- Cooking spray
- 4 large eggs
- 1/4 teaspoon fresh ground black pepper

Directions

1. Preheat oven to 400 F. Line a large baking sheet with parchment or foil.
2. Toss the squash with 1 tablespoon oil. Spread out on baking sheet. Place in oven for 25-30 minutes or until lightly browned.
3. Heat remaining oil in a large skillet over medium heat. Add scallions, zucchini, arugula and sage. Cook for 5 to 8 minutes, until lightly browned. Add the vinegar, garlic, squash (made in Step 1), spinach and black pepper. Sauté until everything is golden brown, about 5 to 7 minutes more, stirring occasionally.

(directions continued on back)



Directions (continued)

4. While cooking the hash (Step 2), spray nonstick pan with cooking spray and heat to medium on stove top. Cook eggs to desired yolk doneness.
5. Place 1 3/4 cup of hash on each plate and top with one fried egg.

♥ = heart smart

⚡ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1 3/4 cups hash topped with one egg (435g)
Servings Per Container 4

Amount Per Serving

Calories 310 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 215mg **72%**

Sodium 300mg **13%**

Total Carbohydrate 39g **13%**

Dietary Fiber 12g **48%**

Sugars 6g

Protein 15g

Vitamin A 420% • Vitamin C 80%

Calcium 25% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: Egg

Carb choices per serving: 1 1/2