



## Sweet Potato Breakfast Skillet

This breakfast skillet is packed full of nutrition with lots of great flavor. It is also makes wonderful left overs for the next day.

Prep Time: 15 min.

Cook Time: 30 min.

**Ready In: 45 min.**

**Serving Size:** 4 servings

### Ingredients

- ✓ 4 eggs
- ✓ 1 sweet potato
- ✓ 1 bell pepper
- ✓ 3 slices of bacon
- ✓ 2 cooked turkey sausage patties

### Directions

1. Whisk eggs in a small bowl, cook in large skillet on medium heat until scramble, about 3 minutes. Put scrambled eggs in small bowl and set aside.
2. Cook bacon and turkey sausage in same skillet on medium until golden-brown and crispy, about 12 minutes. Set aside until cooled and cut into bite size pieces.
3. Cut sweet potato and bell pepper into bit size pieces.
4. Add sweet potato to same skillet and cook until softened, about 10 minutes.
5. Add bell pepper, sausage, bacon, and eggs to the skilled with the potatoes and cook for another 3 minutes.

### Nutrition

*Amount per serving*

- ❖ Calories: 230
- ❖ Total Fat: 14 g
- ❖ Total Carbs: 11 g
- ❖ Protein: 14 g
- ❖ Cholesterol: 192 mg
- ❖ Sodium: 445 mg
- ❖ Potassium: 200 mg