



Sweet Potato Egg Nests

BY MEGAN MOORE RDN, CSOWM, CLT

🕒 10 MINS | 🍴 1 SERVINGS

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INGREDIENTS

- 1 sweet potato peeled
- 3 eggs
- 2 teaspoons avocado oil

NUTRITION INFORMATION PER SERVING

Calories 375kcal	Sodium 237mg
Carbs 20g	Fiber 2.81g
Protein 20g	Added Sugar 0g
Total Fat 23g	Fruits 0 servings
Saturated Fat 5.7g	Vegetables 0 servings

Method

1. Attach the sweet potato to a vegetable spiralizer and begin spiralizing to make sweet potato noodles. Can also cut into thin, fine strips if no spiralizer available. Divide the noodles into four piles.
2. Heat oil in a skillet over medium-high heat.
3. Add the noodles to the skillet, making sure to keep them in four separate piles. Gently hollow out a circle in the middle of the pile for the egg to settle. Let the noodles cook for 3-5 minutes, until it holds the form and turns golden brown on the bottom.
4. Gently flip the noodles over and continue to cook for 3-5 minutes or until golden brown and crispy (like hash browns).
5. Crack eggs into middle of hollowed area of noodle and cook 2-3 minutes, or until desired consistency. If you don't like a runny yolk, you may want to flip the "egg nest" over to allow the yolk to cook. Serve immediately.

