SAUSAGE POTATO HASH

SERVES 4

A greasy plate of hash browns from the local diner isn't going to do your waistline any favors. Our dinner-worthy version ups the nutritional ante with sweet potato and kale while also letting you order up a healthy dose of muscle-sculpting protein from the turkey sausage.

- 1 tbsp canola or grape-seed oil
- 1½ lbs turkey sausage
- 2 medium sweet potatoes, peeled and grated
- 1 large apple, chopped
- 2 garlic cloves, chopped
- 6 cups chopped kale
- 1 tbsp chopped rosemary
- 2 tbsp cider vinegar
- ½ tsp red chili flakes
- ¼ cup chopped walnuts
- Grated Parmesan (optional)

1. Heat oil in a large skillet over medium heat. Remove sausage from casing and add to pan. Cook sausage until no longer pink, breaking into crumbles, about 4 minutes.
2. Add sweet potato, apple, and garlic to pan. Cook, stirring often, until potato is tender, about 4 minutes. Stir in kale, rosemary, vinegar, and chili flakes and cook until kale has wilted.
3. Divide hash among serving plates and top with walnuts and Parmesan, if using.

THE MACROS

437 CALORIES	37g PROTEIN	33g CARBS	23g FAT

GET SHREDDED

Grated sweet potato cooks up in a flash. To get this meal on the table even faster, use the shredding blade of a food processor to make quick work of your spuds.

LOW AND SLOW

The key to creating soft-curd scrambled eggs instead of rubbery ones: Cook them on a lower heat and gently stir the eggs, working from the outside of the skillet inward.

SCRAMBLED-EGG-STUFFED MUSHROOMS

SERVES 2

Scrambled eggs can easily go from a.m. to p.m. Pair them with meaty mushrooms, and you've got a meal that will charm your palate while still offering big-time nutrition. If you're following a Paleo diet, the recipe can be made without cheese.

- 4 portobello mushrooms, stems removed
- 2 tsp canola or grape-seed oil
- 1 small onion, chopped
- ¼ tsp salt
- 1 red bell pepper, chopped
- 2 garlic cloves, chopped
- 4 eggs
- ½ cup grated mozzarella cheese
- ¼ cup chopped sun-dried tomatoes
- ¼ tsp black pepper
- 1 tbsp pesto
- 1 tbsp olive oil
- 1 tbsp red wine vinegar

1. Preheat oven to 425°F. Place mushroom caps upside down on a baking sheet and bake until tender, about 10 minutes.
2. Heat oil in a skillet over medium heat. Add onion and salt; cook until onion has softened, about 4 minutes. Add bell pepper and garlic; cook 2 minutes. Reduce heat to medium-low.
3. In a bowl, whisk together eggs, mozzarella, sun-dried tomatoes, and black pepper. Add eggs to skillet and heat, gently stirring with a wooden spoon, until soft curds form.
4. In a bowl, whisk together pesto, olive oil, and vinegar. Stuff mushrooms with eggs and drizzle on pesto dressing.

THE MACROS

463 CALORIES	27g PROTEIN	31g CARBS	22g FAT

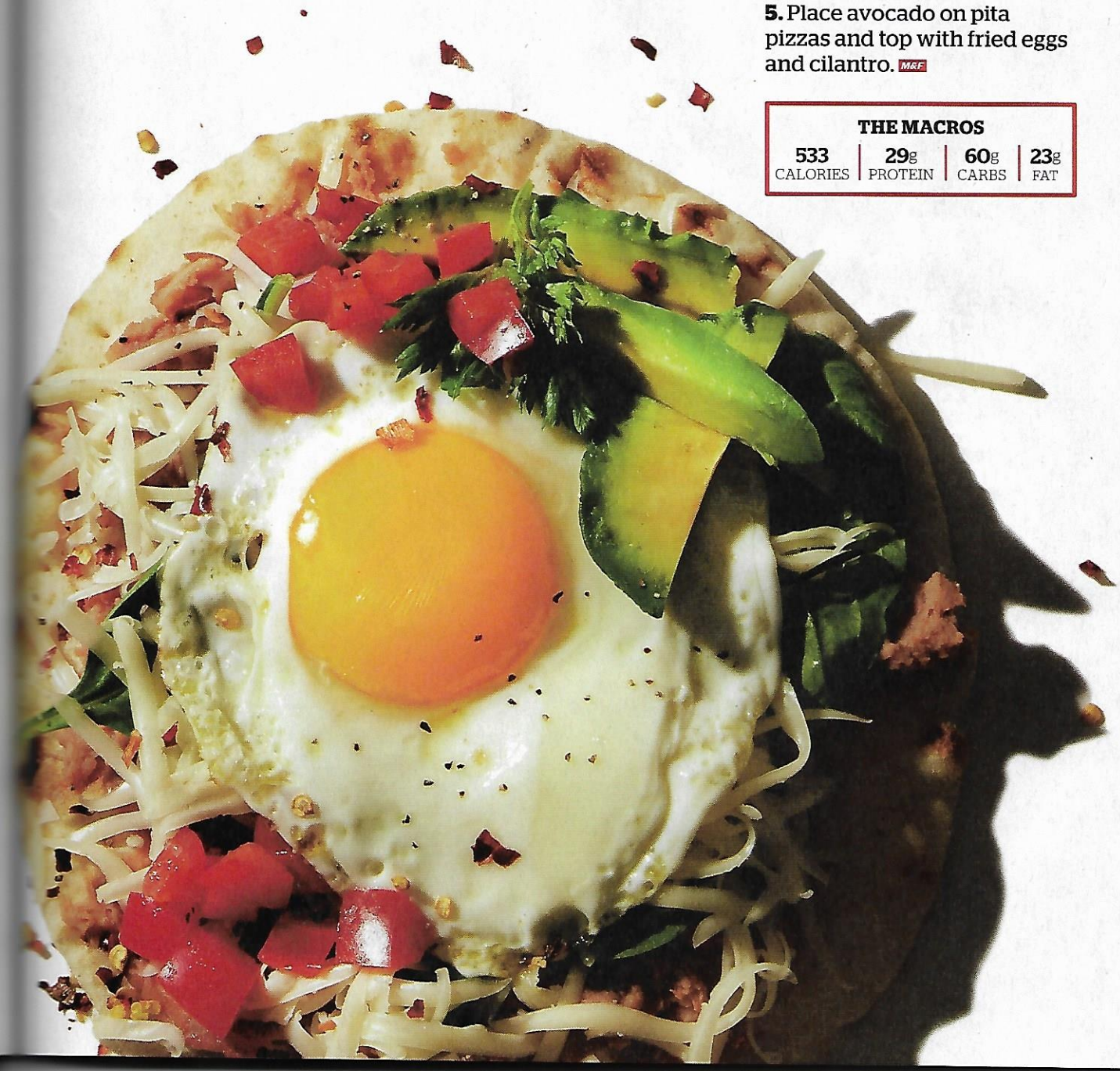
HUEVOS RANCHEROS PITA PIZZAS

SERVES 4

When you really want to make something legit for breakfast, huevos rancheros delivers. So grab yourself a bag of pitas, and, boom, you've got a breakfast-inspired pizza night that features the same great salsa-smothered eggs.

- 4 whole-wheat flatbread pitas
- 1 tbsp canola oil or butter, plus more oil for brushing
- 1 (14 oz) can refried beans
- 2 cups baby spinach
- 1½ cups salsa
- 1 cup shredded Monterey Jack cheese
- 4 large eggs
- 1 avocado, sliced
- ¼ cup cilantro

1. Position your oven rack in the middle of the oven and preheat oven broiler.
2. Place pitas on 2 baking sheets and brush tops with oil. Broil 2 minutes, or until pitas are browned on top and crispy.
3. Spread refried beans on pitas and top with spinach, salsa, and cheese. Broil 1 minute, or until cheese has melted.
4. Heat 1 tbsp oil in a skillet over medium heat. Crack eggs into skillet and cook sunny-side up or over-easy, as desired.
5. Place avocado on pita pizzas and top with fried eggs and cilantro. M&F

THE MACROS

533 CALORIES	29g PROTEIN	60g CARBS	23g FAT