



BACON & EGG SWEET POTATO BOATS

MAKES 4 SERVINGS

INGREDIENTS

- 4 SMALL (4-5") ORGANIC SWEET POTATOES, PRECOOKED
- 8 ORGANIC PASTURE-RAISED EGGS
- 4 SLICES NITRITE- AND NITRATE-FREE BACON

METHOD

PREHEAT OVEN TO 375 DEGREES. USE FOIL TO MAKE A SMALL BOAT FOR EACH SWEET POTATO; PLACE BOATS IN A BREAD PAN. CUT SWEET POTATOES OPEN LENGTHWISE TO CREATE A POCKET (DO NOT CUT ALL THE WAY THROUGH). CRACK 2 EGGS INTO EACH SWEET POTATO POCKET; USE KITCHEN SHEARS TO CUT BACON INTO SMALL PIECES, ARRANGE ON TOP OF EGGS. BAKE 30 MINUTES, OR UNTIL BACON IS CRISP AND EGGS ARE FULLY COOKED.