

BEETS & SAUSAGE

Time: 30 minutes

Serves: 4

Ingredients:

2 teaspoons grapeseed or other neutral-tasting oil
1 pound beets – peeled and diced to ½”
1 yellow onion – diced to ¼”
¼ teaspoon plus a pinch kosher salt
12 ounces ham garlic sausage – sliced
4 eggs
1 pinch fresh ground black pepper
4 green onions - sliced

Preparation:

Place a medium pot of water on high heat until it reaches a simmer then, reduce heat to maintain.

While the water is warming, place a frying pan on medium heat and add the oil.

When the oil is hot, add the beets, yellow onion and ¼ teaspoon of the salt. Cook, stirring occasionally for five minutes.

Add the garlic sausage and continue to cook, stirring occasionally for ten more minutes.

When the beets are nearly done, break an egg into a small bowl then, gently pour the egg into the simmering water. Repeat this for the remaining three eggs.

Plate the sausage and beet mixture. When the egg white is just set, remove the eggs from the water with a slotted spoon and place on top of the beets.

Sprinkle on the remaining salt, pepper and green onion, serving immediately.

Nutritional Information Per Serving:

Calories: 332
Fat: 24g
Carbs: 10g
Fibre: 2g
Protein: 19g