

Whole30 Breakfast Twice-Baked Sweet Potatoes

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Servings: 4

2 medium sweet potatoes
1 tablespoon extra-virgin olive oil
2 links sugar-free Italian sausage, meat removed from the casings and crumbled
Kosher salt
freshly ground black pepper
4 large eggs
salsa verde (for serving)

Preparation Time: 35 minutes

Prick each sweet potato all over with a fork. Microwave until fork tender, rotating about halfway through, about 10 minutes. Set aside and keep warm.

Preheat the oven to 400 degrees.

In a medium skillet over medium-high heat, heat the olive oil. Add the sausage and cook, stirring occasionally, until it just starts to brown and crisp up, 5 to 6 minutes. Set aside.

Cut the potatoes in half lengthwise. Scoop the flesh into a large bowl, leaving a 1/4-inch border all the way around. Place the potato skins on a baking sheet and set aside.

Add the cooked sausage, 1/2 teaspoon of salt and a few grinds of pepper to the bowl with the potato flesh. Stir until well combined. Divide the potato mixture evenly among the four potato halves. Make a well big enough to hold an egg in the middle of each. Crack an egg into each.

Bake until the egg whites are set and the yolks are still runny, 15 to 17 minutes.

Serve with the salsa verde.

Per Serving (excluding unknown items): 172 Calories; 9g Fat (45.0% calories from fat); 7g Protein; 16g Carbohydrate; 2g Dietary Fiber; 212mg Cholesterol; 78mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Fat.