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# Sunny Skillet Breakfast

*The Essential Southern Living Cookbook*

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 28 minutes

*Use this recipe as a blueprint for your favorite veggies and breakfast meats. For a crisper top, transfer the skillet from the center oven rack to the top rack during the last few minutes of baking to brown the top slightly.*

**3 (eight ounce) baking potatoes, peeled and shredded (about three cups firmly packed)**

**1 tablespoon butter**

**2 tablespoons vegetable oil**

**1 small red bell pepper, diced**

**1 medium onion, diced**

**1 clove garlic, minced**

**3/4 teaspoon table salt, divided**

**6 large eggs**

**1/4 teaspoon freshly ground black pepper**

Preheat the oven to 350 degrees.

Place the shredded potatoes in a large bowl. Add cold water to cover. Let stand for 5 minutes. Drain and pat dry.

In a ten-inch cast-iron skillet over medium heat, melt the butter with the oil. Add the bell pepper and onion. Cook over medium-high heat for 3 to 5 minutes or until tender. Add the garlic. Cook for 1 minute. Stir in the shredded potatoes and 1/2 teaspoon of salt. Cook, stirring often, for 10 minutes or until the potatoes are golden and tender.

Remove from the heat. Make six indentations in the potato mixture, using the back of a spoon. Break one egg into each indentation. Sprinkle the eggs with pepper and the remaining 1/4 teaspoon of salt.

Bake in the preheated oven until the eggs are set, 12 to 14 minutes. Garnish with parsley. Serve immediately.

(NOTE: You may substitute three cups of firmly packed frozen shredded potatoes for the fresh. Omit soaking the potatoes.)

## **Breakfast**

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*Per Serving (excluding unknown items): 217 Calories; 12g Fat (47.6% calories from fat); 9g Protein; 20g Carbohydrate; 2g Dietary Fiber; 217mg Cholesterol; 387mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.*