
Good Morning Skillet Breakfast

Description

We all know that breakfast is the most important meal of the day – but too many times it's something we grab on our way out the door. Here is a breakfast that can be prepped the night before, and then finished in the morning. So when you're short on time, you won't run short on good nutrition.

Total time: 30 min Yield: 4 Servings

Ingredients

1 lb red or Yukon gold potatoes (cubed)
1 sweet white onion (chopped)
1 Tbsp extra virgin olive oil or vegetable oil
2 green onions (sliced thin)
1 large Portuguese sausage (diced)
1 large tomato (diced)
2 cup button mushrooms (sliced)
1 tsp garlic salt
salt (to taste)
fresh ground pepper (to taste)
hot sauce (optional)
4 large eggs
3 Tbsp white vinegar

Prep Time: 30 min Total Time: 30 min

Instructions

Boil the potatoes for about 8 minutes or until they are fork tender. Drain and set aside on a few pieces of paper towel. Heat oil in a skillet and sauté the onion for 3 minutes then add the Portuguese sausage. Fry until sausage is browned, then add tomato, mushrooms and potato. Season with garlic salt, salt and pepper. If prepping the night before, stop after the sausage has browned, cover dish tightly and refrigerate. Finish the next morning. Add sliced green onion and fold in.

Poaching eggs means that you don't have to watch the eggs every single moment. Boil 2" to 3" of water and the vinegar in a shallow frying pan, and then add the eggs one by one. The vinegar will help the eggs stay together.

Divide the skillet breakfast into four portions and top with a poached egg and some hot sauce if you like a little fire.

Recipe brought to you by:

Chef Michi Holland

Source:

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