



Two Potato and Beet Hash with Poached Eggs and Greens



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound beets cubed cooked peeled
- ☐ 0.5 teaspoon pepper black divided
- ☐ 6 cups salad leaves curly endive
- ☐ 0.5 teaspoon dijon mustard
- ☐ 4 large eggs
- ☐ 1 tablespoon sage fresh divided chopped
- ☐ 3 garlic cloves minced

- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 1 cup onion finely chopped
- ☐ 5 teaspoons red wine vinegar divided
- ☐ 0.5 teaspoon salt divided
- ☐ 0.8 pound sweet potatoes and into cubed peeled
- ☐ 0.8 pound yukon gold potatoes cubed peeled

Equipment

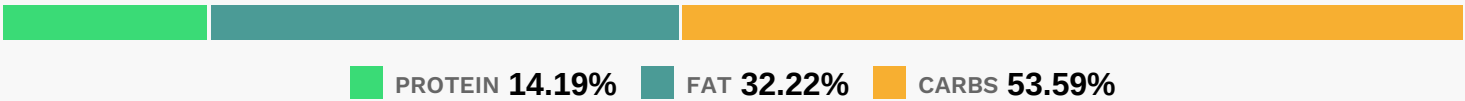
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion to pan; saut for 5 minutes or until tender and golden brown.
- ☐ Add potatoes, 2 teaspoons sage, and garlic; cook for 25 minutes or until potatoes are tender, stirring occasionally. Stir in beets, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook 10 minutes, stirring occasionally.
- ☐ Add water to a large skillet, filling two-thirds full. Bring to a boil; reduce heat, and simmer.
- ☐ Add 1 tablespoon vinegar. Break each egg into a custard cup, and pour gently into pan. Cook for 3 minutes or until desired degree of doneness.
- ☐ Remove eggs from pan using a slotted spoon.
- ☐ Sprinkle 1/2 teaspoon sage evenly over eggs.
- ☐ Combine remaining 1 tablespoon oil, 2 teaspoons vinegar, 1/4 teaspoon salt, 1/4 teaspoon pepper, 1/2 teaspoon sage, and mustard in a large bowl, stirring with a whisk.
- ☐ Add frise; toss to coat.
- ☐ Serve with hash and eggs.
- ☐ Wine match: Merlot. Sweet, earthy beets and the tangy combo of greens and mustard are balanced by The Velvet Devil Merlot (Columbia Valley, Washington State, 2008; \$12). The

wine's opulent cooked cherry and chocolate aromatic profile give new life to this sadly scorned grape variety. --Alexander Spacher

Nutrition Facts



Properties

Glycemic Index:81.69, Glycemic Load:22.84, Inflammation Score:-10, Nutrition Score:35.240869439167%

Flavonoids

Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.7mg, Quercetin: 13.7mg, Quercetin: 13.7mg, Quercetin: 13.7mg

Nutrients (% of daily need)

Calories: 337.37kcal (16.87%), Fat: 12.35g (19%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 36.29g (13.19%), Sugar: 10.49g (11.66%), Cholesterol: 186mg (62%), Sodium: 501.16mg (21.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.48%), Vitamin A: 16646.82IU (332.94%), Copper: 5.09mg (254.7%), Vitamin K: 231.44µg (220.42%), Manganese: 1.15mg (57.42%), Vitamin C: 43.27mg (52.45%), Folate: 198.52µg (49.63%), Fiber: 9.94g (39.74%), Potassium: 1293.59mg (36.96%), Vitamin B6: 0.71mg (35.37%), Vitamin B5: 2.72mg (27.24%), Phosphorus: 262.55mg (26.25%), Selenium: 17.48µg (24.97%), Vitamin B2: 0.42mg (24.78%), Vitamin E: 3.49mg (23.3%), Magnesium: 90.46mg (22.62%), Iron: 3.58mg (19.89%), Calcium: 173.02mg (17.3%), Vitamin B1: 0.25mg (16.38%), Zinc: 1.79mg (11.95%), Vitamin B3: 2.04mg (10.2%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)