



Wellnesssleuth Recipes

Enjoy your day with
delicious food

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SWEET POTATO BREAKFAST HASH

INGREDIENTS:

Ingredients:

***2 large sweet potatoes, peeled
and cut into chunks***

***1 lb. small purple potatoes,
cut in half***

***8 oz. Brussels sprouts, cut in
half***

***1 large red onion, roughly
chopped***

3-4 cloves fresh garlic, minced

1 t. onion powder

3 T. extra virgin olive oil

***Sea salt and black pepper, to
taste***

6 large eggs

Optional garnish:

***2 T. crushed kale chips or
dried herbs of choice <<insert
link to Crispy Seasoned Kale
Chips recipe in this pack>>***

DIRECTIONS

- ***Directions:***

- ***Preheat oven to 425°F and line a large,
rimmed baking sheet with parchment
paper or a Silpat® baking mat. If using
parchment paper, lightly spray with
non-stick cooking spray. Set aside.***

- ***In a large mixing bowl, toss sweet
potatoes, purple potatoes, Brussels
sprouts, red onion, garlic, onion
powder, and olive oil until vegetables
are well coated. Season with salt and
black pepper, to taste.***

- ***Spread the sweet potato mixture onto
the prepared sheet pan in a single
layer without overcrowding and roast
in pre-heated oven for 8-10 minutes.
Stir vegetables and continue roasting
another 8-10 minutes, or until sweet
potatoes are fork tender.***

- ***Remove sheet pan from oven and
create 6 round, evenly spaced openings
among the vegetables. Carefully pour
an egg into each opening, keeping the
yolk intact. Season with additional salt
and pepper, if desired, and return pan
to the oven.***

- ***Bake for 6-8 minutes, or until the egg
whites are set and the yolks reach the
desired level of doneness. Remove
sheet pan from oven and garnish with
crushed kale chips or dried herbs of
choice, if desired, and serve
immediately with the roasted
vegetables. Enjoy!***



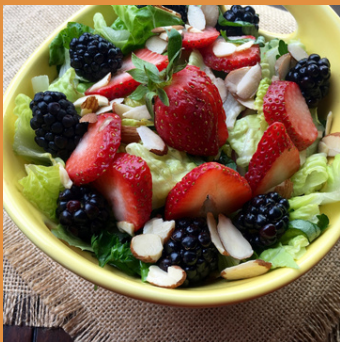
GRILLED POLENTA CROSTINI

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



MIXED BERRY SALAD WITH RASPBERRY VINAIGRETTE

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)