

I hope you woke up with a smile on your face this morning, Food Fans!

There are two types of mornings in my opinion. The ones where you have to rush out the door and are lucky to grab a bowl of cereal, and the slower ones where you can take some time making a delicious breakfast. One of my favorite things to make on those slower mornings is

### Fried Eggs with Veggie Hash

This recipe makes enough for four and takes around half an hour to make.

Here's what you'll need:

- 4 slices bacon
- 2 carrots, julienned
- ½ cup onion, diced
- 1 cup greens (spinach, collard greens, salad mix, etc.)
- ½ pint cherry tomatoes, quartered
- 1 clove garlic, minced
- 4 eggs
- 4 slices bread, toasted

If you'd like this dish to be vegetarian, skip the bacon step and replace the bacon grease with 4 tablespoons vegetable oil.

Heat a large pan with a lid over medium heat and cook bacon for 4 minutes, then flip and cook for another 4.

Remove cooked bacon to a paper towel to dry and cool. Keep the bacon fat in the pan.

Add the carrots to the pan and cook, stirring occasionally, for 10 minutes, allowing the carrots to soften and be evenly coated with grease.

If you don't want to take the time to julienne your carrots, cut them into rings 1/8th thick, and cut the larger rings in half to make half moons.

Next, add your onion. Stir occasionally and cook until onion is translucent.

Add in greens and stir to combine. Allow the greens to wilt and shrink, then add the garlic and tomatoes.

Bacon can be crumbled up and added back into the hash here, or served on the side.

Make 4 small wells in the hash so that you can see the pan. Crack an egg into each well.

Once the bottom of each egg has solidified, put the lid on the pan. Cook for 2 minutes, until a white film forms over the yolk, or longer to reach an ideal yolks runny-ness.

Put the hash on top of toast and an egg on top of the hash. Serve immediately.

Try switching up which vegetables you use based on the season! The key is to keep a wide range of textures, so replace a crunchy vegetable with another crunch one!

Happy Eating!