



Brussels Sprout Hash & Eggs



Start to finish time: 30 minutes

Number of servings: 2

Nutrition Facts

Serving size ½ recipe

Amount per serving
Calories **223**

% Daily Value*	
Total Fat 13g	17 %
Saturated Fat 5.6g	28 %
Trans Fat 0g	
Cholesterol 201mg	67 %
Sodium 336mg	15 %
Total Carbohydrate 19g	7 %
Dietary Fiber 7g	25 %
Total Sugars 4.4g	
Includes 0g Added Sugar	0 %
Protein 13g	
Vitamin D 1mcg	5 %
Calcium 124mg	10 %
Iron 4.3mg	24 %
Potassium 787mg	17 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 1-pound Brussel sprouts (about 4 cups) (shredded)
- 6 olives (finely chopped)
- 3 cloves garlic (finely chopped)
- 1 tablespoon butter
- 2 tablespoons water
- 2 eggs
- Salt and pepper to taste
- Lemon juice to taste

DIRECTIONS:

1. Gather and prepare ingredients.
2. Melt the butter in a large pan over medium high heat.
3. While the butter is melting, mix a sprinkle of salt and pepper and the olives with the brussels sprouts.
4. Add the garlic to the pan and mix to coat it with the melted butter.
5. Add the brussels sprouts to the pan, cover and cook until just wilted. About 4 minutes.
6. Add the eggs to the pan and sprinkle with salt and pepper. Add the water, cover and cook until the eggs are cooked through, about 8 minutes.
7. Ensure the eggs are cooked to an internal temperature of 160 degrees using a thermometer. This reduces the risk of foodborne illness.
8. Turn off the heat and squeeze lemon juice over everything. Serve immediately and enjoy!



STEP-BY-STEP DIRECTIONS:



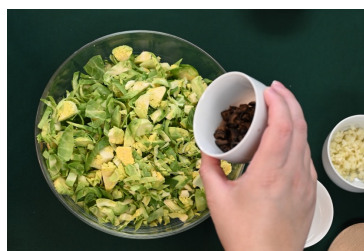
Step 1

Gather and prepare ingredients.



Step 2

Melt the butter in a large pan over medium high heat.



Step 3

While the butter is melting, mix a sprinkle of salt and pepper and the olives with the brussels sprouts.



Step 4

Add the garlic to the pan and mix to coat it with the melted butter.



Step 5

Add the brussels sprouts to the pan, cover and cook until just wilted. About 4 minutes.



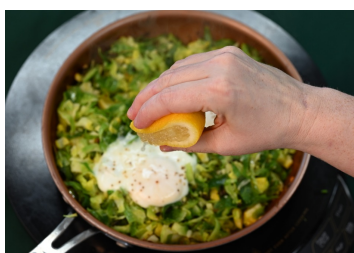
Step 6

Add the eggs to the pan and sprinkle with salt and pepper. Add the water, cover and cook until the eggs are cooked through, about 8 minutes.



Step 7

Ensure the eggs are cooked to an internal temperature of 160 degrees using a thermometer. This reduces the risk of foodborne illness.



Step 8

Turn off the heat and squeeze lemon juice over everything. Serve immediately. Enjoy!

SUBSTITUTIONS:

- Add more olives depending on your taste preference!
- Onion can be a great addition for extra flavor. Add when cooking the brussels sprouts.

MSU EXTENSION NOTES:

- You can add a tablespoon of white vinegar to the brussels sprouts while they cook for added flavor.
- You can add two more eggs to stretch the servings to feed 4 people.

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Quentin Tyler, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.

Michigan State University occupies the ancestral, traditional and contemporary lands of the Anishinaabeg—Three Fires Confederacy of Ojibwe, Odawa, and Potawatomi peoples. The university resides on land ceded in the 1819 Treaty of Saginaw."