

# Sunrise Salsa & Avocado Hash Browns

## By Chef Stephen Forman



### DIRECTIONS:

1. Boil 1 gallon of water in a medium pot. Add potatoes to water and cook until tender.
2. Strain potatoes and smash together into 6 disk shapes.
3. In a bowl, combine the diced tomatoes, garlic, jalapenos, cilantro, lime juice and zest.
4. In a frying pan over medium to low heat, heat olive oil. When oil is hot, add hash browns and heat on one side. Flip and cook until both sides are crispy. Remove from pan and place on plates.
5. Crack each egg into the skillet and fry on one side. Flip egg over to cook for 1 minute. Flip egg over again and remove pan from heat.
6. Slice avocados.
7. Assemble in the following order: place hash brown on plate, add salsa, sliced avocado, and top with egg.
8. Serve & enjoy!

### INGREDIENTS:

- 1 lb baby red potatoes
- 1 tomato, diced
- 2 garlic cloves, minced
- 1/4 spanish onion, diced
- 2 limes, zest and juice
- 2 avocados, sliced
- 1/4 cup olive oil
- 6 eggs

### Nutrition Facts

servings per container

Serving size **1 Hash Brown,  
Salsa, Sliced  
Avocado, Egg**

Amount per serving

**Calories** **260**

% Daily Value\*

<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 185mg	<b>62%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 8g	
Vitamin D 1mcg	6%
Calcium 51mg	4%
Iron 2mg	10%
Potassium 242mg	6%

\*The % Daily Value 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.

For more recipes visit  
[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

# MEAL KIT SHOPPING LIST

## Week 2: Sunrise Salsa & Avocado Hash Browns

### Fruit:

- No fruit this week

### Vegetables:

- 1 24 oz bag baby potatoes - \$4.29
- 1 tomato - \$1.62
- 1 head of garlic - \$0.90
- 1 Spanish onion - \$1.52
- 2 limes - \$1.58
- 1 avocado - \$2.00

### Protein:

- 1 dozen eggs - \$2.89

### Dairy:

- No dairy this week

### Grains:

- No grains this week

### Herbs, Spices & More:

- olive oil

  
Healthy Options  
Cooking at Home

Grocery cost: \$14.80

Recipe cost: \$10.59

Cost per meal: \$1.76

\*prices found at your local Wegmans store