

FoodSense with Chef Feker

Chef Feker's Garden Hash with Sunny Side Up Eggs

This easy and yummy breakfast item can also be served as a great lunch or early dinner. Change the ingredients or add to the ingredient list. For example, some chopped sundried tomatoes would be amazing, but I will leave that to you.

~Chef Michael Feker

GARDEN HASH WITH SUNNY SIDE UP EGGS

Ingredients

2 russet potatoes, peeled and grated
1 medium zucchini, grated
3 ½ Tbsps finely chopped, fresh dill
2 Tbsps of basil
1 clove of garlic, finely chopped
2 Tbsps olive oil
1 tsp kosher salt
1/4 tsp black pepper
8 oz grated Parmesan
4 large eggs

Directions

Combine potatoes and zucchini in a strainer and squeeze to remove excess water. Once done with removing the excess water, toss with basil, garlic and dill.

Meanwhile, heat olive oil in a large cast-iron skillet over medium-low heat. Add potato, zucchini and herb mixture, pressing it with the back of a spatula to create an even platform. Sprinkle with salt and pepper.

Cook without stirring for 15 minutes on medium heat. Top with cheese and place under your counter top toaster oven or broiler for 2 minutes.

Cut hash in 4 squares, then slide hash on a plate and top with one egg per plate that you have cooked sunny side up and be amazed.

About Chef Michael Feker

Michael Feker is a passionate man who spreads that passion and joy of cooking and eating healthy meals through his roles as chef, restaurateur, television personality, culinary schoolteacher, culinary director and consultant, caterer, and cooking demonstration chef. Meet Chef Feker at cheffeker.com and learn about his two restaurants, Zesti and Il Mito.

Download this recipe and many more at: ellenbecker.com/weekly-foodsense-recipes.

Subscribe to our Thursday emails by emailing info@ellenbecker.com.



Advisory services offered through Ellenbecker Investment Group, Inc. (EIG), a Registered Investment Advisor. EIG does not provide tax or legal advice; please consult your tax or legal advisor regarding your particular situation. Diversification and asset allocation do not guarantee positive results. Loss, including loss of principal may result.