

Side Dishes

EverRoast Chicken Sweet Potato Nest

Everyday EverRoast Recipe Book
www.boarshead.com

Servings: 4

1/2 cup yellow onion, sliced
1 tablespoon Boar's Head Delicatessen Style Mustard
2 tablespoons olive oil
1 teaspoon thyme, minced
4 large eggs, lightly beaten
1 cup (sliced 3/4-inch) Boar's Head EverRoast Chicken Breast, finely diced
1 pound sweet potatoes, grated

Preheat the oven to 350 degrees.

In a large non-stick skillet, heat the oil over medium heat and cook the onion until soft and golden.

Mix the shredded sweet potatoes with the sautee'd onions and mustard. Mold the mixture into separate cups in a muffin pan. Place the muffin pan in the oven.

Bake for 30 to 35 minutes or until crisp. Cool in the pan. (This can be done one day in advance. Cover the cooled potato cups and wrap in plastic wrap. Refrigerate.)

Scramble the eggs with the EverRoast chicken. When cooked, evenly divide among the sweet potato cups.

Top with the thyme and serve.

Per Serving (excluding unknown items): 228 Calories; 12g Fat (47.4% calories from fat); 8g Protein; 22g Carbohydrate; 3g Dietary Fiber; 212mg Cholesterol; 81mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 2 Fat.