

Spinach, Chickpea and Chorizo Hash with Sunny-Side-Up Eggs

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Servings: 4

1 tablespoon extra-virgin olive oil

1 onion, diced

Kosher salt

freshly ground pepper

5 ounces dried, Spanish-style chorizo, chopped

2 cans (15 ounce ea) no-salt chickpeas, rinsed and drained

1 package (5 ounce) baby spinach

4 large eggs

Parmesan cheese (optional), grated

hot sauce (optional, for serving)

Warm the olive oil in a large cast iron or non-stick skillet over medium-high heat. Add the onion and cook, stirring occasionally, until browned, about 5 minutes. Season with salt and pepper. Add the chorizo and cook, stirring, for 1 minute. Stir in the chickpeas; coarsely mash with a potato masher or large slotted spoon.

Spread the mixture evenly across the skillet, then cook undisturbed until the pieces are golden on the bottom, 5 to 7 minutes. Flip; cook until golden on the other side, 3 to 5 more minutes. Stir in the spinach and cook until wilted. Divide among four bowls.

Using the same skillet, crack the eggs into the pan over medium-high heat. Season with salt and pepper and cook undisturbed until the white sets and the edges are lacy brown, about 3 minutes.

Slide one egg onto each serving of hash. Top with Parmesan cheese and hot sauce, if desired.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 114 Calories; 8g Fat (66.8% calories from fat); 7g Protein; 3g Carbohydrate; trace Dietary Fiber; 212mg Cholesterol; 71mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 1 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	114
% Calories from Fat:	66.8%
% Calories from Carbohydrates:	9.8%
% Calories from Protein:	23.4%
Total Fat (g):	8g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	212mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	7g
Sodium (mg):	71mg
Potassium (mg):	110mg
Calcium (mg):	32mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	244IU
Vitamin A (r.e.):	70RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	29mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	114	Calories from Fat: 76
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% Daily Values*

Total Fat	8g	13%
Saturated Fat	2g	10%
Cholesterol	212mg	71%
Sodium	71mg	3%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	2%
Protein	7g	
Vitamin A		5%
Vitamin C		3%
Calcium		3%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.