

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

*dashrecipes.com*

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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

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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**

<b>Calories (kcal):</b>	114	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	66.8%	<b>Vitamin B12 (mcg):</b>	.6mcg
<b>% Calories from Carbohydrates:</b>	9.8%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	23.4%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	8g	<b>Folacin (mcg):</b>	29mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	212mg	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	3g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	7g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	71mg	<b>Vegetable:</b>	1/2
<b>Potassium (mg):</b>	110mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	32mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	1
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	2mg		
<b>Vitamin A (i.u.):</b>	244IU		
<b>Vitamin A (r.e.):</b>	70RE		

**Nutrition Facts**

Servings per Recipe: 4

**Amount Per Serving**

**Calories** 114 **Calories from Fat:** 76

**% Daily Values\***

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

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