

## Breakfast Stuffed Sweet Potatoes

Breakfast can mean different things depending on the day ahead of you. Sometimes, coffee is enough, and on a busy day, breakfast can seem like a luxury. Those days are the ones where you need the best breakfasts the most, though.

Sweet potatoes are one of those food you associate with holidays, and probably don't think of as healthy, as they are usually covered in marshmallows or brown sugar. Without those things, however, they're actually quite nutritious, and surprisingly sweet all on their own. When filled with a combination of tender scrambled eggs, and Pico, it becomes a sweet and spicy breakfast that will fill you up on a busy day.

The only downside of this recipe is that baking a sweet potato isn't the quickest thing, but there are ways to speed it up. You can cook one in the microwave, and by the time your eggs are done, it will be ready to stuff. An Instant Pot is also a great way to do it, and give you a texture more like an oven baked potato in a much more morning friendly time frame.

The best option, in my opinion, is to just bake the potato the night before. An oven baked sweet potato is far superior to microwaved, and while it takes time, it's pretty much hands off. If you're making sweet potatoes for dinner, you can throw an extra or two in the oven with zero effort. Then just reheat in a minute in the morning, or if you like the contrast of cold and hot, try stuffing a straight out of the fridge sweet potato with hot eggs — it might surprise you how good it is.

Once you've scrambled your eggs, then it's just a matter of stuffing the potato and topping with Pico de Gallo, sour cream, and my favorite addition — a sprinkling of Roadside Chicken seasoning blend I got in my Ava Jane's Kitchen spice subscription. The smoky, citrusy spice blend adds immense tang and flavor that makes this meal over the top.

Tip: When choosing sweet potatoes for baking, I like to choose longer, skinnier ones that are evenly proportioned rather than fat ones or those that have wider spots. They cook quicker and more evenly, so you don't end up with a bite in the middle that doesn't seem quite cooked enough.

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Serves 2

Prep time: 10 minutes, plus cooking potato

Ingredients:

Potatoes:

2 sweet potatoes

2 tablespoons Ava Jane's Kitchen Avocado Oil

Colima Sea Salt

Filling:

6 eggs, beaten

1 tablespoon Ava Jane's Kitchen Avocado Oil

1/2 cup Pico de Gallo

1 teaspoon Roadside Chicken seasoning blend

Sour cream

Green onions

Directions:

Cook the potatoes, either the morning of or night before. Preheat oven to 400 degrees F. Brush the potatoes with the avocado oil and sprinkle with a little salt. Place on a baking sheet and bake for 30 minutes. Remove from oven and pierce with a fork several times, then continue baking for 30-40 minutes until potatoes are tender. Remove and allow to cool for a few minutes.

To cook the eggs, heat the oil in a nonstick skillet over medium heat. Add the eggs and scramble until done to your liking.

Split open the potatoes and fill with the scrambled eggs. Sprinkle with the Roadside Chicken seasoning blend. Top with the Pico de Gallo, sour cream, and green onions, and serve.