



## Yummy Breakfast Taco

By Breeze Brown, RD

### What you'll Need:

- Serves 2
- One medium sweet potato
- Package of baby spinach
- Four Organic Eggs – the darker the yolk the better
- 3 oz. packaged ground sausage (if vegetarian – substitute with your favorite protein)
- 2 oz. goat cheese
- 4 medium flour tortillas
- 1 tsp. olive oil
- 1 small red onion
- Salt & pepper to taste

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### Putting it together:

1. Cook the sausage in a non-stick pan on medium-high heat – 5-10 min.
2. While sausage is cooking, cut the sweet potato into small cubes. Add to skillet.
3. Add a pinch of salt and sauté sausage and sweet potato – stirring constantly for 5-6 min.
4. In another pan, add spinach and olive oil. Sauté until spinach is wilted. When finished, set aside.
5. When sweet potato and sausage mixture are cooked, beat the eggs and add to the mixture. Season with salt and pepper and cook until eggs are scrambled (cooked) all the way through.
6. Using the tortilla, assemble the taco with egg/sausage/sweet potato mix, spinach and crumbled goat cheese.
7. Enjoy!