



# BEET HASH WITH RUNNY EGGS

*Looking for a high-protein meal after a workout? This dish is the ultimate protein provider, ensuring you meet your protein requirement! Savory and addictive!*



PREP TIME  
5 MIN



COOK TIME  
20 MIN



SERVINGS  
4 SERVINGS

## Ingredients

- 1 lb. beets, peeled and diced
- ½ lb. turnips, peeled and diced
- salt and pepper
- 1 tbsp olive oil
- 1 small onion, diced
- 2 tbsp parsley
- 4 large eggs

## Instructions

1. In a high sided skillet, cover beets and turnips with water and bring them to a boil
2. Season with salt and cook until tender and wipe out skillet once done
3. Heat oil in skillet over medium-high heat, then add boiled beets and turnips until turnips begin to turn golden
4. Reduce heat to medium and add onion and cook, stirring until tender. Once soft, stir in parsley.
5. Make four wells in the hash.
6. Crack one egg into each and top with salt and pepper. Cover skillet and cook until whites are set but yolks are still runny (about 3-5 minutes)
7. Garnish with more parsley if desired and enjoy!