

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

ONE PAN BREAKFAST HASH

You are going to love this quick, and easy sheet pan breakfast (or dinner). This healthy and kid-friendly recipe is full of Brussel sprouts, onions, and super delicious. An easy meal prep breakfast or dinner recipe complete with eggs and crispy bacon for busy school days!



One Pan Breakfast Hash

4 servings
40 minutes

Ingredients

8 cups Brussels Sprouts (halved)
1 cup Red Onion (chopped)
2 tsps Avocado Oil
Sea Salt & Black Pepper (to taste)
10 slices Organic Bacon (chopped)
8 Egg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon: Use prosciutto, ham or turkey bacon.

More Vegetables: Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor: Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers: Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.