



BREAKFAST BOWLS

From the kitchen of Mom Dudley

Ingredients:

3 cup glass
dish/freezer
containers of your
choice that can
be placed in
microwave.

2 lbs russet potatoes
2 Tbsp olive oil
1 tsp smoked paprika
1/2 tsp garlic powder
1/4 tsp salt
Freshly Ground Black
Pepper
6 large eggs
2 Tbsp butter
1 cup salsa
1 cup shredded cheddar
cheese

Directions:

Preheat the oven to 400°F. Wash and cut the potatoes into 1/2-inch cubes.

For extra protection against the potatoes sticking, line a baking sheet with parchment paper. Otherwise, rub 1 Tbsp of the olive oil over the surface of a large baking sheet. Spread the potatoes out onto the baking sheet. Drizzle the remaining tablespoon of oil over the potatoes, along with the smoked paprika, garlic powder, salt, and pepper. Toss to coat the potatoes in oil and spices.

Roast the potatoes in the preheated oven for 40-45 minutes, or until they are golden brown and crispy. Stir once halfway through roasting.

When the potatoes are close to being finished, crack the eggs into a large bowl and add a pinch of salt and pepper. Gently whisk the eggs.

Melt the butter in a large skillet over medium-low heat. When the butter is melted, pour in the eggs. Gently move the eggs around the skillet until they are mostly solid, but still soft and glistening. Be careful not to overcook the eggs at this point because they will cook further when the breakfast bowls are reheated.

To prepare the bowls, divide the roasted potatoes and scrambled eggs between four freezer safe containers. Add 1/4 cup of salsa to each container then top with about 1/4 cup of shredded cheese.

Chill the bowls in the refrigerator before transferring to the freezer. Or, leave them in the refrigerator if you plan to eat them within 4-5 days.

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BREAKFAST BOWLS (CONTINUED)

HOW LONG DO THE BREAKFAST BOWLS STAY GOOD?

You can keep these Country Breakfast Bowls in the refrigerator for about four days, or in the freezer for about three months. To freeze the bowls, make sure to cool them completely in the refrigerator first (overnight), then transfer them to the freezer the next day.

HOW TO REHEAT COUNTRY BREAKFAST BOWLS

To reheat from thawed: Take Breakfast Bowls from the refrigerator place in the microwave for about 90 seconds on high, but the total time needed will depend on the wattage of your microwave and your containers.

To reheat from frozen, first use the defrost setting for about 3-5 minutes, then finish on high for 1-2 minutes. Or you can transfer the breakfast bowl from the freezer to the refrigerator the day before and skip the defrost step.