

CHICKEN CARNITAS HASH

Yield: 4 servings

Total time: 15 minutes

Protein: 20g

Carbohydrates: 22g

Fats: 13g

INGREDIENTS

- 1 lb small red potatoes, sliced in half or quartered if they're particularly large (I like to use a mixed variety of small potatoes if available)
- 1-1 ½ teaspoon olive oil
- ½ cup chopped white onion
- ½ cup chopped bell pepper
- 2 teaspoons garlic powder
- 5-8 oz of shredded leftover Chicken Carnitas
- Salt and pepper
- 4 eggs
- Fresh chives

DIRECTIONS

1. Place sliced potatoes on a microwave safe plate. Take a damp paper towel and cover. Microwave for 5 minutes, remove paper towel and set aside. *This helps partially cook the potatoes to speed up the process.
2. In a large non-stick or cast-iron skillet on medium, saute onion and bell peppers until softened - about 3 minutes.
3. Add potatoes, and continue to cook until potatoes are fully cooked through and slightly browned, stir occasionally. A knife should be able to easily pierce through the potato, about an additional 5-6 minutes.
4. Season with garlic powder, and a generous amount of salt and pepper to taste - then cook egg to your liking.
5. Serve hash in individual bowls and top each with an egg and fresh chives.

