

# Breakfast in a Cup

<u>Code</u>
\$, Q, V, RH, GF

## Ingredients Needed:

- 3/4 cup shredded sweet potato
- dash (1/16 teaspoon) salt
- Freshly ground pepper
- 1 large egg
- 1/4 cup diced peppers
- Cooking spray



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	155
Total Fat	5 g
Sat Fat	1.5 g
Sodium	350 mg
Added Sugar	0 g
Fiber	3 g
Vitamin A	97% DV
Vitamin C	43% DV
Iron	11% DV

## Recipe Directions:

1. Preheat oven to 400 degrees.
2. Spray baking sheet with non-stick cooking spray.
3. Spread shredded potatoes on baking sheet in an even layer.
4. Sprinkle with salt and pepper.
5. Bake until golden brown and crispy, turning frequently, 10 minutes.
6. Scramble the egg and add diced pepper.
7. Cook the egg mixture in a skillet pan.
8. Spoon the potatoes into a mug and top with cooked scrambled eggs.