

Breakfast Skillet

- 4 Green onions (or other onion to taste)
- 1/2 Package of shredded hash brown potatoes (at least 2.5 to 3 cups)
- 1+ Cup of cubed ham (or other breakfast meat, e.g., sausage crumbles)
- 1+ Cup of shredded pepper jack cheese (or other cheese to taste)
- 4 Eggs
- * Coconut or palm oil sufficient for saute (or other oil*)
- * Paprika to taste (will vary by the quantity of potatoes used but at least 1 T)
- * Salt and Pepper to taste

The best skillet to use is a 10 inch cast iron skillet. Other types of skillets can be used but they must be suitable for putting into an oven, in short be of all metal construction.

Preheat your oven to 350 degrees. While the oven is heating, warm up your skillet and add sufficient oil to saute the diced onions. Use a low to moderate heat setting. Saute the onions for 2 or 3 minutes or until soft and aromatic. Add additional oil and then put the potatoes into the skillet. Stir fry the potatoes and onions adding paprika along with salt and pepper as the potatoes cook. Put the paprika on the potatoes several times as you do the stir fry to help distribute it throughout. You may need to add additional oil during this phase. When the potatoes are done (best determined by sampling), add the ham and the cheese and stir in until the cheese begins to melt. Take the skillet off of the heat and make four evenly spaced indentations in the mixture. Break an egg into each indentation. Place the skillet into the preheated oven and leave it until the whites of the eggs are cooked. Remove the skillet from the oven and divide into four servings. Eat before it gets cold.

* See the note on cooking oil on the Recipe page at davidcenter.com