



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Egg-cellent meal ideas - for breakfast or dinner

If you're looking for quick and easy dinner options - just add eggs! They are an inexpensive source of high-quality protein with many valuable micronutrients, including:

- Selenium
- Vitamins A, D, E, K, B6 and B12
- Folate
- Phosphorus
- Zinc
- Iron
- Copper



Eggs are also rich in choline, which is good for the brain. Most people think eggs should be avoided because they're high in cholesterol, but current research has shown that does not lead to heart disease in a majority of Americans.

Saturated fat is actually the main culprit, not cholesterol. In fact, eating eggs regularly has been found to raise HDL (good) cholesterol, which protects the heart!

Combining eggs with the monounsaturated fats in avocado and the potassium in potatoes offers a heart-protective meal for breakfast or dinner. Whatever time of day you choose, be sure to try this winning combination!

Avocado and Potato Hash with Eggs

Ingredients:

- 1 lb. red or yellow potatoes
- 3/4 cup onion, diced
- 1 cup red bell pepper, diced
- 1/2 tsp. salt
- 1/4 tsp. dried thyme
- Hot sauce to taste
- 2 Hass avocados, pitted, peeled & diced
- 1/2 cup ham, diced
- 4 eggs



Directions:

1. Boil potatoes until fork-tender. Dice potatoes when cool enough to handle
2. In a large skillet over medium-high heat, add onions, bell peppers, thyme, salt, and hot sauce. Cook for 5 minutes until onion and bell peppers are tender. Add in potatoes and ham, cook for 5 minutes. Remove from heat and gently stir in avocado.
3. In a medium skillet, cook eggs over-easy or to desired doneness.
4. While waiting for the squash to cool, sauté minced garlic in the olive oil until it's softened and fragrant. Add the tomatoes, basil, and oregano to the garlic and simmer for 10-15 minutes.
5. Serve eggs over avocado and potato hash.

Recipe and image courtesy of Avocados from Mexico.