



Spin Your Own Axis

Sweet Potato Toast

This week's recipe is an avid example of using the practice of creativity and variety by using **one ingredient; endless ways of preparing it.**

Sweet potato an ingredient so versatile, it can be an ingredient enjoyed for breakfast, lunch or dinner-steamed, baked, or sauteed. In addition, paired as fries with burgers, chopped as a side dish, or simply enjoying it as a **toast** topped off with spinach, egg, and bacon. **#tasty.balanced.fast**



- **Prep Time:** 10 minutes
- **Cook Time:** 25 minutes
- **Total Time:** 35 minutes
- **Serving:** 1

Ingredients

- 1 Large brown eggs
- 1 big sweet potato
- 1.5 tbsp olive oil
- 1 oz Spinach
- 1 slice of bacon
- Tint of salt
- Tint of oregano

Instructions

1. Preheat oven to 350, while oven is heating prepare your sweet potato by slicing the end of the potato off, then cut in lengthwise into thick slices. (thick enough to support your ingredients, but thin enough to cook fast) recommended ½ inch thick.
2. Arrange the slices in a baking pan, no oil needed, but can use oil, butter or spraying oil. Let it bake until tender for approximately 20 minutes.
3. Heat a large pan over medium-low heat.
4. Add tablespoon and 1/2 of olive oil. You don't need a large amount of oil (fat) to fry the eggs because the pan should be non-stick, and you don't want the egg(s) to turn out too greasy.
5. Crack the egg gently into the pan to keep the yolk intact. Cook until the top of the white is set but the yolk is still runny. This will take about 3 minutes. If the oil starts to sprinkle it means you should reduce heat to low.
6. Once egg(s) are cooked, use same pan with oil to cook/sauté your spinach.
7. Cook spinach with a tint of salt and oregano. Cook for just under 2 minutes to avoid losing the crisp.
8. Lastly, cook bacon separately in another pan while cooking the bacon. Once cooked, chop into small slices.
9. Assemble toast, first lay your sweet potato toast, then add your spinach, followed by placing the egg on top, and lastly top it off your cooked bacon! & serve! Yummy!
10. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- **Serving Size:** 1/5
 - **Carbohydrates:** 36g
 - **Fat:** 20g
 - **Protein:** 15g
 - **Fiber:** 6g
- Calories:** 370
Sodium: 445mg
Sugar: 8g
Iron: 5%