



Breakfast Butternut Squash and Kale Hash

- 1 small butternut squash (about 1.5 pounds)
- 2 Tbsp. olive oil
- 1 small onion, diced
- 2 cups chopped kale leaves or other greens such as mizuna mustard or Swiss chard (about 1 small bunch)
- ½ tsp. ground cumin
- ½ tsp. smoked paprika
- ¼ tsp. garlic salt
- ¼ tsp. onion salt
- ½ tsp. dried thyme leaves
- ½ tsp. kosher salt, to taste
- Fresh ground black pepper
- 4-6 large eggs
- Red chili flakes, optional
- About 1-2 cups marinara sauce, optional

1. Peel butternut squash and remove inner seeds. Cut squash into bite-sized pieces, about ½" cubes. Make sure to keep the squash pieces the same size for consistent cooking.
2. Heat large skillet on medium high heat. Add olive oil, then add onion and cook for about 2 minutes until soft. Add butternut squash and cook for about 15 minutes or until the squash becomes almost cooked on the outside.
3. Add kale, ground cumin, smoked paprika, garlic salt, onion salt, thyme leaves, salt and pepper. Stir the spices into the vegetables until well combined and then cook for another 3-5 minutes, or until kale is crisp and butternut squash is completely cooked.
4. Reduce heat to low. Break eggs on top of squash mixture and cover with a lid. Cook the eggs until the whites have set and the yolk is to your desired texture.
5. If desired, serve the squash and eggs with marinara sauce on top. Add additional red chili flakes for extra spice and flavor.