



# Brussels Sprout Hash & Eggs



**Start to finish time:** 30 minutes

**Number of servings:** 2

## Nutrition Facts

**Serving size** ½ recipe

**Amount per serving**  
**Calories** **223**

% Daily Value*	
<b>Total Fat</b> 13g	<b>17 %</b>
Saturated Fat 5.6g	<b>28 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 201mg	<b>67 %</b>
<b>Sodium</b> 336mg	<b>15 %</b>
<b>Total Carbohydrate</b> 19g	<b>7 %</b>
Dietary Fiber 7g	<b>25 %</b>
Total Sugars 4.4g	
Includes 0g Added Sugar	<b>0 %</b>
<b>Protein</b> 13g	
Vitamin D 1mcg	<b>5 %</b>
Calcium 124mg	<b>10 %</b>
Iron 4.3mg	<b>24 %</b>
Potassium 787mg	<b>17 %</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

## INGREDIENTS:

- 1-pound Brussel sprouts (about 4 cups) (shredded)
- 6 olives (finely chopped)
- 3 cloves garlic (finely chopped)
- 1 tablespoon butter
- 2 tablespoons water
- 2 eggs
- Salt and pepper to taste
- Lemon juice to taste

## DIRECTIONS:

1. Gather and prepare ingredients.
2. Melt the butter in a large pan over medium high heat.
3. While the butter is melting, mix a sprinkle of salt and pepper and the olives with the brussels sprouts.
4. Add the garlic to the pan and mix to coat it with the melted butter.
5. Add the brussels sprouts to the pan, cover and cook until just wilted. About 4 minutes.
6. Add the eggs to the pan and sprinkle with salt and pepper. Add the water, cover and cook until the eggs are cooked through, about 8 minutes.
7. Ensure the eggs are cooked to an internal temperature of 160 degrees using a thermometer. This reduces the risk of foodborne illness.
8. Turn off the heat and squeeze lemon juice over everything. Serve immediately and enjoy!



## STEP-BY-STEP DIRECTIONS:



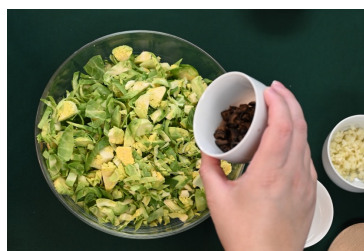
### Step 1

Gather and prepare ingredients.



### Step 2

Melt the butter in a large pan over medium high heat.



### Step 3

While the butter is melting, mix a sprinkle of salt and pepper and the olives with the brussels sprouts.



### Step 4

Add the garlic to the pan and mix to coat it with the melted butter.



### Step 5

Add the brussels sprouts to the pan, cover and cook until just wilted. About 4 minutes.



### Step 6

Add the eggs to the pan and sprinkle with salt and pepper. Add the water, cover and cook until the eggs are cooked through, about 8 minutes.



### Step 7

Ensure the eggs are cooked to an internal temperature of 160 degrees using a thermometer. This reduces the risk of foodborne illness.



### Step 8

Turn off the heat and squeeze lemon juice over everything. Serve immediately. Enjoy!

## SUBSTITUTIONS:

- Add more olives depending on your taste preference!
- Onion can be a great addition for extra flavor. Add when cooking the brussels sprouts.

## MSU EXTENSION NOTES:

- You can add a tablespoon of white vinegar to the brussels sprouts while they cook for added flavor.
- You can add two more eggs to stretch the servings to feed 4 people.

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