



CAULIFLOWER HASH BROWNS



INGREDIENTS

- 3 cups frozen shredded hash browns
- 1 (10 ounce) package frozen riced cauliflower
- 1 cup frozen chopped seasoning blend (onions, bell peppers, celery) or stir-fry blend (onions, bell pepper)
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons canola or vegetable oil, divided
- 4 large eggs

DIRECTIONS

1. Combine hash browns, cauliflower, seasoning (or stir-fry) blend, salt, and pepper in a large bowl. Add 2 Tbsp. oil and toss to coat.
 2. Heat 1 tsp. oil in a large nonstick skillet over medium-high heat. Add the potato mixture; cook, stirring with a spatula, until the vegetables begin to soften and hold together a little, about 2 minutes. Continue cooking, undisturbed, until beginning to brown on the bottom, about 5 minutes. Gently lift portions with the spatula and flip, so that browned sides are on top. Break up a little with the spatula and continue cooking, undisturbed, until the underside is lightly browned, another 4 to 5 minutes. Continue cooking, breaking up and flipping, until most of the mixture is browned and crisped, 8 to 10 minutes more.
 3. Divide the mixture among 4 plates and keep warm.
 4. Add the remaining 2 tsp. oil to the skillet and return to medium heat. Crack the eggs into the pan and fry to desired doneness. Top each hash brown portion with a fried egg and serve at once.
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