Veggie Burger Hash

ACTIVE: 40 MINUTES  TOTAL: 40 MINUTES

Some frozen veggie burgers have a firmer texture than others—the softer ones will crumble more when you mix them into the vegetables.

- 3 tablespoons canola oil, divided
- 2 teaspoons chopped fresh thyme or ¼ teaspoon dried, plus more for garnish
- 3 frozen veggie burger patties
- ¼ teaspoon salt
- 1 large sweet potato, diced (¼-inch)
- ¼ teaspoon ground pepper, plus more for garnish
- 1 medium red onion, diced (¼-inch)
- ¼ cup mayonnaise
- 4 cups chopped kale
- 2 tablespoons ketchup
- ¼ cup water
- ¼ teaspoon hot sauce, or to taste
- 3 cloves garlic, finely chopped
- 4 large eggs

1. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add veggie burgers and cook, turning occasionally, until browned, 5 to 7 minutes. Transfer to a clean cutting board; dice when cool.

2. Heat 1 tablespoon oil in the pan over medium heat. Add sweet potato and onion and cook, stirring occasionally, until browned and tender, 13 to 15 minutes, reducing heat as necessary. Stir in kale and water and cook, stirring, until wilted, about 2 minutes. Add garlic and thyme; cook, stirring, for 30 seconds. Stir in the diced veggie burgers, salt and pepper. Cook, stirring, for 1 minute. Transfer to a bowl and cover to keep warm.

3. Meanwhile, mix mayonnaise, ketchup and hot sauce in a small bowl.

4. Wipe out the pan and heat the remaining 1 tablespoon oil over medium heat. Cook eggs, without flipping, for 3 to 4 minutes for sunny-side up. Serve the hash and eggs with the sauce. Garnish with more pepper and thyme, if desired.

SERVES 4: 1½ CUPS HASH, 1 EGG & 1 TBSP. SAUCE EACH

Calories 525, Fat 38g (sat 5g), Cholesterol 192mg, Carbohydrate 31g, Total sugars 9g (added 2g), Protein 16g, Fiber 9g, Sodium 579mg, Potassium 751mg. Nutrition bonus: Vitamin A (227% daily value), Vitamin C (54% dv), Iron (24% dv), Folate (21% dv).