

Poached Eggs with Turkey Hash

1 Pound of turkey breakfast sausage or ground turkey

1 medium red onion diced

4 Tbs of canola oil

2 tsp. of sweet paprika

½ cup of butternut squash, peeled, halved, seeded, cut into 1/2-inch cubes

1 cup russet potatoes, peeled, cut into ½ inch cubes

1 cup sweet potatoes, peeled, cut into 1/2 inch cubes

1/4 cup (1/2 stick) butter, cut into ½ inch cubes

1 large red bell pepper cut into ½ cubes

1 large cubanelle cut into ½ cubes

Sea salt to taste

Fresh ground pepper to taste

1/2 tablespoon of F2F seasoning

Pre heat oven to 375°F, combine squash, potatoes, and sweet potatoes in large bowl. Add oil and toss to coat. Sprinkle generously with salt and pepper. Spread mixture evenly on a baking sheet.

Roast until tender and lightly browned around edges, about 30 to 40 minutes, stirring and turning occasionally, then add the rest of your peppers and cook for 15 to 20 minutes more. (Do this ahead

of time) In a large pan heat add butter and onion, add turkey sausage cook until done. Once its done

add your oven mixture and mix well add paprika, re-season with seasoning , salt and pepper.

Poached Eggs

4Eggs

2 tsp. of white vinegar

Shallow sauce pan

Slotted spoon

First bring water in a saucepan to almost boiling. At this point, you can add one or two teaspoons of vinegar to the water, if you want. The vinegar will help the egg whites to congeal more easily.

Crack an egg into a small cup, then place the cup near the surface of the hot water and gently drop the egg into the water. Do the same for the second. With a spoon, fold the egg whites closer to their yolks. This will help the egg whites hold together. Turn off the heat. Cover. Let sit for 4 minutes, until the egg whites are cooked. Lift eggs out of pan with a slotted spoon.