



Veggie Hash Browns Benedict



Brought to you by [Green Giant](#). Developed by Hungry Girl.

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Entire recipe: 270 calories, 15g total fat (4g sat. fat), 764mg sodium, 14g carbs, 2g fiber, 3.5g sugars, 17.5g protein

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Prep: 5 minutes **Cook:** 25 minutes

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Ingredients

Two [Green Giant Veggie Hash Browns](#) patties
1 large egg
1 slice (about 1 oz.) reduced-sodium ham
1 tbsp. fat-free plain Greek yogurt
1 tsp. Dijon mustard
1 tsp. light butter
1 drop lemon juice
Optional seasonings: salt, black pepper, chopped fresh parsley

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place hash browns on the baking sheet. Bake for 15 minutes.

Carefully flip hash browns. Bake until golden brown and crispy, 5 - 7 minutes.

Bring a skillet sprayed with nonstick spray to medium heat. Cook egg sunny-side up, 1 - 2 minutes (or cook to your preference). If desired, cook ham on the opposite side of the skillet until warm.

Transfer hash browns to a plate, and top with ham and egg.

In a small microwave-safe bowl, combine yogurt, mustard, butter, and lemon juice. Mix until uniform. Microwave sauce until hot, about 15 seconds, and stir. (If you prefer a thinner sauce, add a bit of water.) Spoon over egg.

MAKES 1 SERVING

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