

Breakfast for Dinner



Prep: 30 minutes **Cook:** 60 minutes **Yields:** 4 servings

Crispy Smashed Potatoes:

small potatoes
oil
salt

Vegetable Scramble:

1 summer squash
1 stalk kale
1 stalk chard
eggs



Optional

Add garlic to the potatoes or shredded cheese to the scramble

Chef's Notes: To save time, prepare the vegetable scramble while the potatoes finish baking. This meal makes a great option for brunch as well!

Smashed Potatoes

1. Preheat oven to 450° F.
2. Boil potatoes until they can be pierced with a fork (15-20min).
3. Drain potatoes and let cool slightly.
4. Sprinkle oil over potatoes on a greased baking sheet & using a fork gently flatten them but keep them in one piece.
5. Sprinkle with salt & minced garlic (if using).
6. Bake in the oven for 18-20 minutes or until golden brown the edges.

Vegetable Scramble

7. Cut zucchini, kale & chard into small pieces.
8. Saute over medium heat until vegetables begin to soften.
9. Scramble 3-4 eggs in a bowl with a splash of milk, salt, pepper and any other herbs you'd like to use.
10. Add eggs to the pan with vegetables in it, scrambling until the egg looks moist but is no longer runny.
11. Enjoy with a side of smashed crispy potatoes!

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Each kit contains fresh vegetables and staple ingredients from this agency. When using this kit you'll get fresh ideas for creating healthy meals! Visit our website to learn more and to see the full list of partners.