

# BREAKFAST FOR DINNER



**Prep:** 30 minutes

**Cook:** 60 minutes

**Yield:** 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



## SMASHED POTATOES

1. Preheat oven to 450°.
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

1. Cut zucchini, kale & chard into small pieces.
2. Saute over medium heat until vegetables begin to soften.
3. Scramble 3-4 eggs in a bowl with a splash of milk & salt & pepper or other herbs.
4. Add eggs to the pan with vegetables in it, scrambling until egg looks moist but is no longer runny.
5. Enjoy with a side of smashed crispy potatoes!

*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!

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