



For More Information Contact:

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Breakfast can be laden with extra sugar along with everything else during the holiday season! Hy-Vee Savage Registered Dietitian Melissa Jaeger, RD, LD will show you how to start your day healthfully with a delicious veggie-packed egg bake. Loaded with protein and fiber to help you stay full longer this egg bake will keep you from overindulging this holiday season. To help you maintain a healthy lifestyle, your Hy-Vee dietitian offers a variety of health services including store nutrition tours, Hy-Vee Healthy Habits Menu Planning Program and our 10-week Begin™ program. For additional information, reach out to your local Hy-Vee dietitian.

Sweet Potato and Egg Oven Bake

Serves 5

All you need:

1 large sweet potato, peeled and cut into chunks
12 oz. Brussels sprouts, trimmed and halved
2 tbsp Hy-Vee select olive oil
2 cloves fresh garlic, minced
1 tsp ancho chili powder
Salt & Black Pepper to taste
1 (15 oz) can of Hy-Vee No Salt Added Black Beans, drained and rinsed
½ cup frozen sweet corn (can sub canned no salt added corn, drained and rinsed)
1 medium red bell pepper, seeded and cut into 5 rings
5 large eggs
Fresh cilantro leaves, for garnish (optional)

All you do:

1. Preheat oven to 425 degrees. Spray a 15x10x1-inch baking pan with nonstick cooking spray; set aside.
2. Place sweet potato and Brussels sprouts on prepared pan. Add olive oil, garlic and chili powder to vegetables; toss gently to coat. Sprinkle with salt and black pepper. Roast for 15 minutes.
3. Remove pan from oven. Add black beans and corn. Use a large spoon to create 5 indentations in vegetables; place a red pepper ring in each. Gently crack an egg into each pepper ring, keeping the yolk intact. Season eggs with additional salt and pepper.
4. Return pan to oven and bake for 10 – 12 minutes or until egg whites are set. Garnish with cilantro, if desired.



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Dietitian Tips:

- Brussels sprouts are an excellent source of vitamin C. Our bodies need vitamin C to make collagen which is a protein required for wound healing and it helps to improve our absorption of iron and helps our immune system work properly. Vitamin C cannot prevent the common cold or flu but it may help to decrease the severity of symptoms and decrease the longevity of the illness.
- Brussels sprouts are also a good source of folate or folic acid. Folic acid is especially important for pregnant women to help with fetal spinal cord development. Folate also helps to make DNA, other genetic material and is necessary for your cells to divide.
- Sweet potatoes contain vitamin A (important for normal vision and preventing age-related macular degeneration along with improving our immune system function). The most common form of vitamin A in produce is Beta-Carotene and it is associated with red, yellow and orange fruits and vegetables but is found in a wide variety of produce.
- Sweet potatoes contain potassium which plays an important role in muscle contractions, heart function and fluid balance. Research has shown that diets rich in potassium help with blood pressure control.
- Black beans contain protein and fiber to help keep you full longer! This will help prevent you from overindulging at holiday parties and events.
- One serving of this dish contains your daily values of vitamin A & C along with 20% of your daily value of iron.
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