

SWEET POTATO EGG CUPS

3 large sweet potatoes, peeled and grated
1/4 cup butter, melted
sea salt to taste
12 eggs
4 slices of bacon, diced
4 mushrooms, diced
3 green onions, sliced

Preheat the oven to 350°F. Grease thoroughly a muffin tin.

Mix the grated sweet potatoes with the melted butter. Using your hands, press the grated sweet potatoes into each muffin cup making sure the bottom and sides are completely covered. Press down firmly creating a potato "basket." Bake the sweet potatoes for 25-30 minutes.

While potato baskets are baking, cook the diced bacon, drain and set aside. Lightly saute the diced mushroom and green onions in olive oil.

Remove potato baskets from the oven, place a few bacon pieces and some of the mushroom mixture in the bottom of each. Top with an egg. Return to oven and bake until the egg whites are set, but yolk is still slightly runny, about 10 minutes. Garnish with additional green onions, if desired.