

Sweet Potato Egg Nests with Goat Cheese & Maple-Bacon

YIELD: 12 egg cups

PREP TIME: About 20 minutes

INACTIVE TIME: 30 minutes

COOKING TIME: 45-50 minutes



INGREDIENTS

2 to 3 sweet potatoes, peeled and grated (you need 4 cups grated)

3 TBSP butter, melted

Salt & freshly cracked black pepper

Nonstick cooking spray

12 eggs

6 slices thick-cut bacon, cut into ½-inch pieces

1 TBSP maple syrup

6 oz goat cheese, crumbled

Chopped fresh, flat-leaf parsley, for topping (optional)

Special equipment: Two 6-cup muffin tins OR One 12-cup muffin tin

DIRECTIONS

Heat the oven to 350 degrees F.

Put the grated sweet potatoes into a clean kitchen towel and squeeze to remove the moisture. Spread them out on a paper towel-lined tray to drain completely. Pat them gently with another paper towel. Place them in the fridge to help them dry out even better, about 30 minutes or so. The drier they are, the better they will crisp up in the oven.

Add the sweet potatoes to a large bowl and add the melted butter, and the salt and pepper to taste. Stir to coat the potatoes evenly and well.

Spray the muffin tin lightly with nonstick cooking spray. Press the grated potatoes evenly into the muffin cups creating a thin layer on the bottom and being sure the potatoes go all the way up the sides. Bake until the potatoes are cooked through, and the edges are lightly golden brown, about 35 to 40 minutes.

While the potatoes cook, heat a medium sauté pan over medium heat. When the pan is hot add in the bacon pieces. Sauté for about 5-7 minutes, stirring once or twice, until the bacon begins to brown. Add in the maple syrup and continue to cook, stirring constantly, until the

bacon is just crisp and cooked through, about 2 minutes more. Transfer to a cooling rack set over paper towels to cool. DO NOT place the bacon directly on the paper towels, because it will stick due to the maple syrup!

Remove the potatoes from the oven and gently crack an egg into each cup. Bake until the egg whites set but the yolk remains runny, about 6 to 8 minutes.

Remove the eggs from the oven and set the oven to broil. Top the eggs evenly with the bacon pieces and goat cheese crumbles. Broil until the cheese softens and is warmed through, just 1 minute or so more.

Allow the egg nests to cool in the muffin tin for a few minutes. Loosen the edges of each nest and carefully remove each one from the muffin tin. Serve Immediately!

Top with chopped fresh, flat-leaf parsley, if desired.