

# Smoked Sweet Potato Home Fries & Ranch Smothered Eggs



**Servings:** 2 large, 4 small

**Suggested Tools:** large baking sheet, tablespoon, parchment paper, knife, large skillet, fork, spatula, spoon, small mixing bowl

**Prep+Cook Time:** 30 minutes

## The Ingredients

- 4 medium sweet potatoes\*\*\* (rinsed and chopped into 1/2 inch cubes)
- 2 tablespoons olive oil, divided
- 1 teaspoon smoked paprika
- 1 avocado
- 1/2 lemon, juiced
- 4 eggs, fried
- 1 recipe of my Ranchy Rancherson dairy free ranch\*\*
- 2 green onions, chopped
- salt and pepper

## How to:

1. Heat your oven to 425 degrees (F)
2. Rinse and cut the sweet potatoes into 1/2 inch or smaller cubes
3. Line a baking tray with parchment paper
4. Place the sweet potatoes onto the parchment lined tray and drizzle with 1 tablespoon olive oil, 1 teaspoon smoked paprika, a pinch of salt, and a pinch of pepper. Toss with a spoon lightly to combine.
5. Place the tray in the oven for 20-25 minutes or until slightly browned, stirring both around the 10 minute mark.
6. While the sweet potatoes roast, make the Ranchy Rancherson dressing (or use bottled ranch). Set aside.
7. Make the fried eggs. Place the other 1 tablespoon of olive oil in a small skillet and heat to medium heat. Add the eggs, season with a bit of sea salt and pepper and cook on both sides for approximately 3-5 minutes or until cooked through. Alternatively, you can hard boil the eggs.
8. Slice the avocado in half and remove the pit. Use a spoon to remove the avocado from its skin and place in a small bowl. Add the juice of the 1/2 lemon to the avocado. Smash the avocado and lemon juice together with a fork until smooth
9. To serve: Place some sweet potato home fries onto a plate. Top with an egg, ranch, a spoonful of avocado mixture and chopped green onions.
10. Eat and enjoy!

## Tips and Tricks:

- I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online\*
- \*\*Peel your sweet potatoes ONLY if you want to. The skins are actually fine to eat.
- \*\*Use bottled ranch dressing if desired



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