

**ACTIVE:** 25 MINUTES  
**TOTAL:** 25 MINUTES

 HIGH FIBER

 DAIRY FREE

 VEGETARIAN

 GLUTEN FREE

---

**CANCER and its treatments can weaken your immune system. If your health-care team has advised you to take special food-safety precautions, cook the eggs until firm.**

---

## CHICKPEA & POTATO HASH

This hearty, meatless meal is a perfect candidate for “breakfast for dinner” days (or anytime your palate needs a lift). And it’s one-pan simple: the eggs cook right on top of the hash! Make it a meal by serving with warm pita bread and a cucumber salad tossed with fresh chopped mint leaves and plain yogurt.

4 cups frozen shredded hash brown potatoes  
2 cups finely chopped baby spinach  
½ cup finely chopped onion  
1 tablespoon minced fresh ginger  
1 tablespoon curry powder  
½ teaspoon salt  
¼ cup extra-virgin olive oil  
1 15-ounce can chickpeas, rinsed  
1 cup chopped zucchini  
4 large eggs

1. Combine potatoes, spinach, onion, ginger, curry powder and salt in a large bowl.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the potato mixture and press into a layer. Cook, without stirring, until crispy and golden brown on the bottom, 3 to 5 minutes.
3. Reduce heat to medium-low. Fold in chickpeas and zucchini, breaking up chunks of potato, until just combined. Press back into an even layer. Carve out 4 “wells” in the mixture. Break eggs, one at a time, into a cup and slip one into each indentation. Cover and continue cooking until the eggs are set, 4-5 minutes for soft-set yolks or 6-8 minutes for firm.

### **SERVES 4**

**Calories** 382, **Fat** 20g (sat 4g), **Cholesterol** 186mg, **Carbs** 37g, **Total sugars** 2g (added 0g), **Protein** 14g, **Fiber** 6g, **Sodium** 562mg, **Potassium** 447mg.