

Bacon, Egg and Hash Brown Stacks



breakfast

POINTS® Value: 4

Servings: 4

Preparation Time: 8 min

Cooking Time: 14 min

Level of Difficulty: Easy

This is a nice twist on the usual potato and egg breakfast. Leave an extra "stack" in the refrigerator for a quick, microwave-reheatable meal.

Ingredients

- 2 spray(s) cooking spray
- 4 item(s) frozen hash brown potato patty, prepared without fat
- 2 large egg(s)
- 3 large egg white(s)
- 3 oz Canadian-style bacon, finely chopped
- 1 tbsp scallion(s), minced, green part only
- 1/8 tsp hot pepper sauce, optional
- 1/8 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste
- 8 tsp ketchup, hot and spicy variety (optional)

Instructions

Coat a large nonstick skillet with cooking spray. Place hash brown patties in skillet; cook over medium heat on first side until golden brown, about 7 to 9 minutes. Flip patties; cook until golden brown on second side, about 5 minutes more.

Meanwhile, coat a second large nonstick skillet with cooking spray; heat over medium-low heat. In a large bowl, beat together eggs, egg whites, bacon, scallion, hot pepper sauce, salt and pepper; pour into prepared skillet and then increase heat to medium. Let eggs partially set and then scramble using a spatula. When eggs are set, but slightly glossy, remove from heat; cover to keep warm until hash browns are finished cooking.

To assemble stacks, place 1 hash brown patty on each of 4 plates. Top each with 1/4 of egg mixture and serve with 2 teaspoons of ketchup. Season to taste with salt and pepper, if desired. Yields 1 stack per serving.

Notes

Finely diced turkey bacon makes a nice alternative to the Canadian bacon in this recipe. Just make sure to cook the bacon before adding it to the eggs (could affect **POINTS** values).