

Breakfast a la Ash - GF, SF

Ingredients, Directions:

Tater tots, don't judge me they are fast, gluten free and I buy organic frozen spinach
eggs

optional manchego (sheep cheese, I may have spelled it wrong. You can get a great big wedge of it at costco. It has a brown rind)

I pop the tater tots in the oven, you can make real potatoes if you want or skip the potatoes all together.

In a pan I defrost the spinach and get as much of the water out of the pan as possible. the spinach need to be as dry as possible. Turn off the stove and let it sit while the tater tots cook.

When the tater tots are almost done add egg/eggs to the spinach. Stir it around until it is all cooked. sometimes I add green onion, dill or basil in here too.

Put the tater tots on a plate and top with the spinach and eggs. If you want put grated cheese on top.

There aren't really measurements for the ingredients, just what ever you think you'll eat. I use about 10 tater tots, 1/3-1/2 a bag of frozen spinach, and two eggs.

Submitted by: Ashley 06/09