

Breakfast – Paleo

Ham and Butternut Squash Hash



SERVES: 4 PREP: 15 min. COOK: 15 min.

Ingredients

1 butternut squash, peeled and cubed

2 cups pre-cooked ham, cubed

1 leek, sliced

1 green apple, peeled and cubed

1 onion, sliced

2 garlic cloves, minced

1 tsp. paprika

1 tsp. ground cinnamon

Cooking fat

Sea salt and freshly ground black pepper

Preparation

1. Melt some cooking fat in a skillet over medium-high heat.

2. Cook the onion and garlic for 2 to 3 minutes.
3. Add the butternut squash and sliced leek and cook until soft and tender (5 to 7 minutes).
4. Add the ham and apple and cook until warm.
5. Season with ground cinnamon, paprika, salt, and pepper.
6. Cook another 2 minutes and serve warm.