

Vegetable Hash with Poached Eggs



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Yield:

Serves 4 (serving size: about 1 1/3 cups squash mixture, 1 egg, and 1 tablespoon cheese)

Ingredients

4 teaspoons olive oil
1 cup chopped Vidalia or other sweet onion
1 cup (1/4-inch-thick) slices fingerling or small red potatoes
1 teaspoon dried herbes de Provence
1 cup diced zucchini
1 cup diced yellow squash
1 cup green beans, trimmed and cut into 1/2-inch pieces

1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper, divided
2 cups chopped seeded tomato
2 tablespoons thinly sliced chives
2 tablespoons chopped fresh flat-leaf parsley
1 tablespoon white vinegar
4 large eggs
1 ounce Parmesan cheese, shredded (about 1/4 cup)

Preparation

1. Heat a large non-stick skillet over medium-high heat. Add oil; swirl to coat. Add onion, potatoes, and herbes de Provence; spread mixture in a single layer in pan. Cook 4 minutes, without stirring, or until potatoes are lightly browned.
2. Reduce heat to medium. Stir in zucchini, yellow squash, beans, salt, and 3/8 teaspoon pepper; cook 3 minutes. Remove pan from heat; cover and let stand 5 minutes. Stir in tomato, chives, and parsley.
3. Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer. Stir in vinegar. Break each egg into a custard cup. Gently pour eggs into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon. Divide squash mixture evenly among 4 plates; top each serving with 1 egg. Sprinkle eggs evenly with remaining 1/8 teaspoon pepper and Parmesan cheese.