

# Bacon, Eggs, & Potatoes (Workout Edition)

## Ingredients:

Vegetable or canola oil  
1 package of frozen cubed potatoes (32 oz.)  
1 package of bacon (1 lb)  
Eggs (1 per child, 2 per adult)

PREP 1 min

COOK 1 hour

## Steps:

- 1) Set an electric skillet to high heat and pour on 1/3 cup of oil.
- 2) Heat the oil (about 5 minutes) and spread out the frozen potatoes evenly. Watch out - it spits!
- 3) Go and do one set of a workout routine or circuit.
- 4) Turn the potatoes. Add oil if necessary  
(I use between 1 and 1 1/3 cup of oil by the end of this recipe, which ensures they get crispy instead of charred)
- 5) Repeat steps 3 & 4 five times or as many times as necessary (45 minutes to 1 hour)
- 6) When potatoes are crispy, remove to a serving bowl.
- 7) Cook the bacon to taste (watch out - it spits!) and save the excess grease in a reusable container BEFORE cooking the eggs.
- 8) Cook your eggs to order.
- 9) Serve eggs with crispy potatoes and bacon. Enjoy!