

Try it “Tuesdays”

Sweet Potato Hash

Makes: 6 servings, 1 cup per serving

Preparation Time: 10 Minutes

Cooking Time: 30 minutes

Ingredients

1/4 cup vegetable oil

2 cups frozen or fresh chopped bell peppers and onions

2 pounds sweet potatoes (about 2 medium sweet potatoes), peeled and cut into small cubes

1 teaspoon cumin

1 teaspoon salt

1 teaspoon red pepper flakes

Directions

Heat oil in a large skillet over medium-high heat. Sauté bell peppers and onions until tender, about 5 minutes. Add remaining ingredients and reduce heat to medium. Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.

For more information, Contact your local EFNEP office

Nutrition information per serving: Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

