

Sweet Potato Hash and Eggs

Sweet potatoes are high in Vitamin A – an antioxidant that is especially great for your eyes, skin, and immune system! Try this recipe over rice for a perfect dinner meal!

Makes: 4 Servings

Source: SNAP4CT
Photo Source: SNAP4CT

Ingredients

- 2 large sweet potatoes, peeled, diced
- 1 small yellow onion, diced (about ¾ cup)
- 1 bell pepper, seeds removed, diced (about 1 cup)
- 2 cloves garlic, peeled and minced (about 1 Tbs)
- 4 large eggs
- 1 cup water
- 2 Tbs + 1 tsp vegetable oil

Utensils Needed

- Deep skillet
- Cutting knife
- Measuring cups and spoons
- Stove
- Stirring spoon and spatula for flipping eggs
- Serving plates, forks and knives



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup hash and 1 fried egg

Nutrients	Amount
Calories:	220
Total Fat:	14 g
Saturated Fat:	3 g
Sodium:	100 mg
Total Carbohydrates:	17 g
Dietary Fiber:	3 g
Protein	8 g

Directions

1. Heat 1 Tbs oil over medium heat in a deep skillet. Add potatoes and cook, stirring occasionally, about 5 min.
2. Add another 1 Tbs oil, along with onion, bell pepper, and garlic to the skillet with the sweet potatoes. Cook about 5 minutes, stirring occasionally, until the onion is soft and the sweet potatoes are tender.
3. Divide the hash between 4 plates and return skillet to the stove.
4. Heat 1 tsp oil in the skillet over medium heat.
5. One at a time, add each egg to the skillet. Cook about 1-2 minutes, until the whites are nearly solid (no longer clear). Flip the egg and cook for one more minute.
6. Top sweet potato hash with an egg, and serve right away.



My Cooking Notes

