

Brussel Sprouts, Apple and Sweet Potato Hash

Brussel sprouts are packed with immunity-boosting vitamin C and cancer-fighting agents!

Makes: 6 servings
 Prep Time: 20 minutes
 Cook Time: 50 minutes

Source: commonthreads.org

Ingredients

- 1 large sweet potato (about 1 cup)
- Nonstick spray
- 2 Tablespoons olive oil
- 1/2 Pound brussels sprouts (about 1/2 cup)
- ½ Medium onion (about 1 cup)
- 1/2 Cup celery
- 1 Tablespoon fresh thyme (or 1 teaspoon of dried thyme)
- 1 Red apple (about 1 1/3 cup)
- Salt and pepper to taste

Directions

1. Preheat oven to 425°F and line the baking tray with aluminum foil to make clean-up easier.
2. Peel and dice the sweet potato into small cubes.
3. Spray the foil covered baking tray with oil and spread the sweet potato evenly over the tray.
4. Drizzle with 1/2 tablespoon of olive oil. Roast for 20 minutes or until tender. Remove from the oven and set aside.
5. Meanwhile, slice the brussels sprouts into 1/4 inch rounds and dice onion and celery into small pieces. Remove the thyme from its stem and chop.
6. Heat 1 tablespoon olive oil in a sauté pan over high heat and add brussels sprouts. Stir occasionally until caramelized.
7. Reduce the heat to medium low heat and add the onion. Cook slowly for 8 minutes and add the celery and continue cooking for another 6 minutes until onion is caramelized. As these ingredients cook, grate the apple.
8. Increase heat to high and add sweet potatoes, grated apple and thyme. Season with salt and pepper and continue cooking for 3 to 4 minutes until heated thoroughly.



Small Changes,
 BIG Difference!



Utensils Needed

- Baking Tray
- Measuring Spoons
- Cutting Board
- Mixing Spoon
- Knife
- Sauté Pan
- Measuring Cups
- Grater

SHOPPING LIST

Average total cost without oil and seasonings: \$6.84

Average cost/serving: \$1.14

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Fresh Apple



Add 1 to Cart
Brussel Sprouts (Frozen or
fresh, 12 ounce bag)



Add 1 to Cart
Fresh Celery Bunch



Add 1 to Cart
Fresh Thyme (.75 ounce)



Add 1 to Cart
Fresh Sweet Potatoes



Add 1 to Cart
Fresh Onion

SAVE TIME, SAVE MONEY

Storage Tips

- Serve hot immediately and enjoy!
- Refrigerate leftovers within 2 hours.

Cooking Tips

- Looking to add more to this meal? You can add quinoa or brown rice to get a whole grain into this dish!
- Celery goes nicely into salads, stir-fry, soups, and any casseroles!
- Extra sweet potatoes can be used or cut into fries for another meal!
- Or better yet, try Lentil Minestrone Soup found on www.snapedny.org. You can also find many other recipe inspirations here!

Nutrition Information

Serving Size: 1/6 of the recipe

Nutrients	Amount
Calories:	109
Total Fat:	5 g
Saturated Fat:	0.7 g
Cholesterol:	0 mg
Sodium:	78 mg
Total Carbohydrates:	16.2g
Dietary Fiber:	3.8 g
Total Sugars:	7.2 g
Added Sugars:	0 g
Protein	2.2 g

My Cooking Notes