



EASY SWEET POTATO HASH

Sweet potatoes are packed with fiber, Vitamin A, and potassium while also being low in calories. Overall, fiber and potassium are known to increase energy levels, lower blood pressure, and even promote healthy blood sugar levels. Sweet potatoes are also known to be great sources of Vitamin E, calcium, and magnesium! This delicious and easy sweet potato hash recipe is versatile. Enjoy it with any combination of seasonings, as a side dish, or paired with any meat or other veggies. The possibilities are endless. Enjoy!

Yield: 4 servings

Ingredients

- 2 Tbsp. **olive oil**
- 3 medium **sweet potatoes**, washed well and diced into equal, bite-sized chunks (leave skin on)
- ½ medium **white onion**, diced
- 2 stalks **celery**, diced
- 1 tsp. **sea salt**
- ½ tsp ground **black pepper**
- 2 cloves **garlic**, minced
- Sliced **green onion**, for garnish (optional)

Instructions

1. Heat oil in large pan over medium-high heat.
2. Add the potatoes, onion, and celery to the oil and sprinkle with the salt and pepper. Stir to combine.
3. Cover and cook for 15-20 minutes, stirring occasionally, until the potatoes are almost tender.
4. Turn the heat to high and add garlic, stirring to combine. Cook on high for 2-5 more minutes until sweet potatoes are nicely browned.
5. Serve hot and with sliced green onions, if desired.

Per Serving: Calories 160, Protein 2.1 g, Saturated Fat 1 g, Sodium 662 mg, Fiber 4 g, Sugars 5 g

This recipe was adapted from aSweetPeaChef.com and can be found at GoBeyondHunger.org.



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