



Hash Browns

All it takes is some shredded potatoes, a hot pan, and one simple trick for the crispiest hash browns right from your own kitchen. This golden, crunchy breakfast staple is simple and goes perfectly with eggs, avocado toast, or anything else your morning craves.

Serves: 4

Ingredients:

- 1 lb Russet potatoes, keep skin on
- ½ medium yellow onion, peeled
- 3 T extra virgin olive oil
- salt and pepper to taste

Directions:

1. Rinse potatoes well under cold running water.
2. Grate potatoes with large holes on a box cheese grater.
3. Squeeze out excess moisture with potato ricer, citrus press, or paper towels.
4. Dice onion and mix with potatoes.
5. Add olive oil to a large frying pan over medium-high heat until shimmering
6. Add potato and onion mixture to the pan in an even layer.
7. Sprinkle salt and pepper on potatoes.
8. After about five minutes, use a spatula to lift the edges and if the bottom side is golden brown, then it is ready to flip.
9. Let it cook for a few more minutes on the other side until browned and take off heat.
10. Slice into four wedges and serve as a side with ketchup or hot sauce, if preferred.

Nutrition Info per serving:

Calories: 239, Saturated Fat: 2.8 g, Sodium: 395mg, Added Sugars: 0, Fiber: 5.4g, Protein: 3.7 g

Recipe adapted from:

https://www.simplyrecipes.com/recipes/crispy_hash_browns/