



Sweet Potato Hash

This savory and sweet side dish is sure to be a breakfast favorite.



INGREDIENTS

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| ¼ cup vegetable oil | 1 teaspoon cumin |
| 2 cups frozen or fresh chopped bell peppers and onions | 1 teaspoon salt |
| 2 pounds sweet potatoes (about 2 medium sweet potatoes), peeled and cut into small cubes | 1 teaspoon red pepper flakes |

PREPARATION

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. 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.



Makes 6 servings. *1 cup per serving.*

Prep time: 10 minutes **Cook time:** 30 minutes

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