

SWEET POTATO HASH

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 8 (Serving Size = 3/4 cup)

Nutrition (per serving)

Calories: 204

Total Carbohydrate: 19 g

Total Fat: 8 g

Dietary Fiber: 3 g

Saturated Fat: 2 g

Total Sugars: 4 g

Sodium: 210 mg

Protein: 16 g



Ingredients

- 1 Tablespoon extra-virgin olive oil
- 5 cups peeled and cubed sweet potato
- 1 cup diced white or yellow onion
- 1 pound uncooked lean ground turkey breakfast sausage
- 1 Tablespoon chopped fresh rosemary
- ½ Tablespoon minced garlic
- ¼ teaspoon ground black pepper
- 1/8 teaspoon ground nutmeg

Directions

1. Place olive oil in a large skillet over medium-high heat. Sauté potato and onion for 5-7 minutes stirring occasionally.
2. Add ground turkey and break into small pieces, cooking another 3-4 minutes.
3. Add herbs and spices and stir to combine. Continue cooking until turkey is no longer pink.
4. Serve with “fried” egg on top if desired.



OSF[®]
HEALTHCARE