

BITS and BITES

Sweet Potato Hash

Ingredients

- 2 tbsp. olive oil
- 1 large apple, peeled and sliced into thin sticks
- ½ cup onion, thinly sliced
- 3 medium sweet potatoes, cut into thin sticks
- Cinnamon to taste
- Salt and pepper to taste

Directions

1. In a large bowl, mix together apples, onions, and sweet potatoes.
2. In a large skillet, heat 1 tsp. olive oil over medium-high heat.
3. Spread potato mixture in the pan in an even layer, pressing down lightly with a spatula.
4. Cook for about 5 minutes, or until golden brown.
5. Flip and cook for an additional 3-5 minutes.
6. Add cinnamon, salt, and pepper to taste. Then enjoy!

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

Sweet potatoes are a great source of vitamins A and C, iron, calcium, magnesium, fiber, and potassium. Sweet potatoes are also rich in healthy antioxidants.

Enjoy sweet potato hash as a side dish at breakfast, lunch, or dinner! To add spice, add garlic, chili powder, cumin, or paprika instead of cinnamon! Consider garnishing with parsley or chives.

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

BITS and BITES

Sweet Potato Hash

Ingredients

- 2 tbsp. olive oil
- 1 large apple, peeled and sliced into thin sticks
- ½ cup onion, thinly sliced
- 3 medium sweet potatoes, cut into thin sticks
- Cinnamon to taste
- Salt and pepper to taste

Directions

1. In a large bowl, mix together apples, onions, and sweet potatoes.
2. In a large skillet, heat 1 tsp. olive oil over medium-high heat.
3. Spread potato mixture in the pan in an even layer, pressing down lightly with a spatula.
4. Cook for about 5 minutes, or until golden brown.
5. Flip and cook for an additional 3-5 minutes.
6. Add cinnamon, salt, and pepper to taste. Then enjoy!

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

Sweet potatoes are a great source of vitamins A and C, iron, calcium, magnesium, fiber, and potassium. Sweet potatoes are also rich in healthy antioxidants.

Enjoy sweet potato hash as a side dish at breakfast, lunch, or dinner! To add spice, add garlic, chili powder, cumin, or paprika instead of cinnamon! Consider garnishing with parsley or chives.

NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)