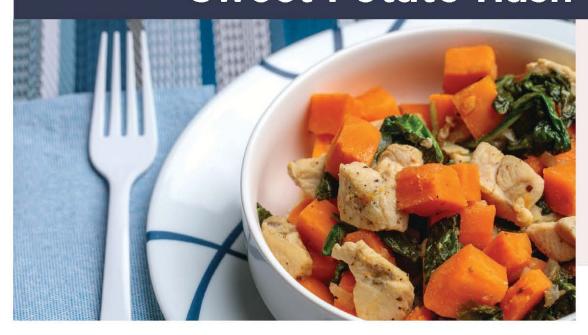


## **Sweet Potato Hash**





- 1 medium onion, diced
- 1 teaspoon salt
- 11/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar
- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

- **3.** Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
- **4.** Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
- 5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry. Cook until chicken reaches
- 6. 165 degrees F using a meat thermometer, about 15 minutes. Add spinach and vinegar and mix
- 7. until spinach is thoroughly wilted and mixed with other ingredients. Serve. Refrigerate leftovers within 2 hours.

8.

Makes 8 servings

Serving size: 1/8th of recipe Cost per recipe: \$14.17 Cost per serving: \$1.77

# USDA SUPPLIED Nutrition Assistance Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

#### Nutrition facts per serving:

270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

#### Source:

Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

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