

ROASTED POTATOES AND TURKEY HASH



March 31

National Tater Day



INGREDIENTS

- 3½ Cups Diced Potatoes
- 1 Tablespoon Canola Oil
- 2 Tablespoons Fresh Garlic (minced)
- 1 Teaspoon Salt
- ½ Teaspoon Pepper
- 1½ Cups Ground Turkey Breast, Raw (no more than 15% fat)
- 1 Cup Diced Bell Pepper
- ½ Teaspoon Ground Sage
- ¼ Teaspoon Garlic Powder
- ¼ Teaspoon Onion Powder
- 2 Tablespoons Canned Applesauce

DIRECTIONS

1. Preheat oven to 375°.
2. Combine potatoes, oil, garlic, ½ teaspoon salt, and pepper in a large bowl.
3. Bake for 15 minutes.
4. Separately, spray large non-stick skillet lightly with pan release spray and heat over medium high heat.
5. Add turkey. Cook uncovered over medium-high heat for 2-3 minutes, stirring occasionally.
6. Add remaining spices and applesauce and saute, uncovered, over medium-high heat for 3-5 minutes, stirring occasionally.
7. Pour turkey mixture over seasoned potatoes in baking dish. Stir well.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

6 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	1⅛ Cups	1½ Cups	1½ Cups