



## APPLE & SWEET POTATO HASH

*December 1*

National Eat a Red Apple Day

### INGREDIENTS

- 2 Cups Diced Sweet Potatoes
- 2 Cups Diced Apples
- 1 Cup Chopped Onion
- 1 Cup Chopped Red Bell Pepper
- 2 Cloves Garlic (minced)
- 2 Tablespoons Olive Oil
- 1 Teaspoon Ground Cumin
- ½ Teaspoon Smoked Paprika
- Salt and Pepper (to taste)
- 4 Eggs

### DIRECTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Add the diced sweet potatoes and cook for 5-7 minutes, or until they begin to soften.
3. Add the chopped onion, red bell pepper, and minced garlic. Cook for another 5 minutes.
4. Stir in the diced apples, ground cumin, smoked paprika, salt, and pepper. Cook for an additional 5-7 minutes, or until the sweet potatoes and apples are tender.
5. Create four small wells in the hash and crack an egg into each well. Cover the skillet and cook until the eggs are set, about 5 minutes.
6. Serve warm.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

### MEAL TYPE

 Breakfast

### YIELD

6 Cups Hash + 4 Eggs

### PORTION SIZES

| Toddler               | Preschool             | School Age            | Adult                 |
|-----------------------|-----------------------|-----------------------|-----------------------|
| ½ Cup Hash<br>+ ½ Egg | ¾ Cup Hash<br>+ ½ Egg | ¾ Cup Hash<br>+ ½ Egg | ¾ Cup Hash<br>+ 1 Egg |