

Sweet Potato and Cauliflower Hash

Yield: 4 servings

Ingredients:

2 cups grated sweet potato (about 10 ounces)
1½ cups grated cauliflower (about ½ of a head)
1 red bell pepper, cut into ½-inch pieces
1 small red onion, chopped
2 tablespoons chopped fresh dill, plus more for serving
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
⅛ teaspoon crushed red pepper flakes
2 tablespoons extra virgin olive oil

Instructions:

In a large bowl, toss together the sweet potato, cauliflower, bell pepper, onion, dill, salt, black pepper, and red pepper flakes.

In a large nonstick skillet, heat the oil over medium heat. Add the hash mixture to the skillet and stir to coat. Spread out evenly and let cook untouched for 1 minute, then, using a metal spatula, flip the hash, rather than stir. Continue to cook, flipping occasionally, for another 8 to 10 minutes until the vegetables are tender and have a golden brown crust.

Serve sprinkled with a little more dill.

Nutritional facts per serving: 142 calories, 7 g total fat, 1 g saturated fat, 2 g protein, 18 g carbohydrate, 3 g dietary fiber, 5 g sugar, 0 g added sugar, 0 mg cholesterol, 344 mg sodium

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