

Sweet Potato Hash

Ingredients:

1 Cup Cubed Sweet Potato
½ Cup Diced Red Pepper
½ Cup Baby Brussels Sprouts, halved
½ Cup Diced Yellow Pepper
¼ Cup small Diced Red Onion
Olive Oil
Salt & Pepper
2 teaspoons Dried Tarragon
¼ Cup Fresh Baby Spinach, chopped

Directions:

1. Preheat oven to 450 degrees.
2. Place 2 baking sheets in the oven while the oven is heating.
3. Toss the Sweet Potato & Brussels in a large bowl, with enough oil to just coat everything, sprinkle with salt & pepper and toss.
4. When the oven reaches 450, CAREFULLY take one of the baking sheets out and toss the potato/ sprout mixture on the pan... (The pan may warp at first, but it will go back to shape.) Shake the pan to create a single layer and place in the oven.
5. Now using the same bowl, take the peppers and onions and enough additional oil to coat sprinkle salt & pepper toss again.
6. Remove the second baking sheet and toss the peppers and onion on the sheet and shake into 1 layer.
7. Let both pans bake for about 20 minutes (depends on how small your dice is)
8. Place the Spinach & Tarragon in the same bowl used to toss the veggies. Do not add more oil.
9. When the vegetables are cooked (potatoes should be fork tender) put them back into the bowl and toss with the Spinach & Tarragon.

If you make this ahead of time and want to rewarm it, simply spread on a baking sheet and warm in a 350-degree oven for about 10 minutes. This hash makes a great side dish and pairs well with a poached egg.