



## Sweet Potato Hash

***Sweet potatoes are a rich source of vitamins A, C and B6, as well as potassium, niacin and fiber! Serve this as a side or main dish on a cold winter's night.***

Serves 2

2 links of Italian-flavored chicken sausage\*, casing removed  
2 sweet potatoes, peeled and cut into small cubes  
1 small onion, diced  
1 clove of garlic, minced  
1 red bell pepper, cored, seeded and diced  
1/2 teaspoon paprika  
1 teaspoon oregano  
2 teaspoons of flat-leaf parsley, chopped  
1 green onion, chopped  
1/4 cup grated parmesan cheese  
Salt and pepper to taste

Crumble the sausage and, over medium heat, sauté it in a large, non-stick pan for several minutes until browned.

Add the onion and red pepper and sauté for five minutes until golden-brown. Add garlic and fry for 30 seconds. Add a pinch of salt and black pepper, paprika and oregano and stir. Next, add the diced sweet potato and stir. Cover and cook until the sweet potatoes start to caramelize and soften, for about 10 to 12 minutes, stirring occasionally.

Finish the hash by folding in the chopped parsley and green onion, and top with the grated cheese.

Optional: top it with a fried egg!

\*Compare the fat and calories! Pork sausage has 290 to 455 calories and 23 to 38 grams of fat per link. Turkey and chicken sausage have 140 to 160 calories and 7 to 10 grams of fat per link.