



Sweet Potato Hash

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

- Nonstick cooking spray (or use parchment paper)
- 1 medium sweet potato, peeled and cut into ½-inch cubes (about 4-6 ounces)
- 1 teaspoon olive oil
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- 1 small onion, diced (about ½ cup)
- ½ teaspoon unsalted butter
- 1 cup fresh spinach, thinly sliced

Directions

1. Preheat the oven to 400°F.
2. Coat a baking sheet with nonstick cooking spray (or line it with parchment paper). Set aside.
3. In a medium bowl, add the sweet potato cubes, oil, oregano, garlic powder, and salt. Toss to evenly coat.
4. Transfer the sweet potato cubes to the prepared baking sheet and spread into a single layer. Bake until fork-tender, about 15 minutes.
5. Meanwhile, heat a medium skillet or sauté pan over low heat. Add the butter and onion and sauté until tender.
6. Add the cooked sweet potatoes to the pan with the onion. Continue to cook for 5 minutes, then remove from the heat.
7. Stir spinach into the potato and onion mixture.
8. Serve warm.

Recipe Notes

- This recipe is best when eaten right away. Leftovers will soften, though the flavor will still be good.
- Leftovers will keep in the refrigerator for up to 7 days or the freezer for 3 months.

Nutrition Facts Per Serving: Calories: 50 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 170 mg | Total Carbohydrate: 8 g | Dietary Fiber: 2 g | Protein: 1 g

Submitted by Melanya Souza, RD, LD/N
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs