



Entree

Potato Hash

Serves 4, 1/4 of recipe per serving

Prep time: 5 minutes ▪ Cook time: 30 minutes



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FOOD BANK FOR SOUTHERN COLORADO

INGREDIENTS

- 2 russet potatoes.
- 3 Tablespoons canola oil
- 1 cup chopped red bell pepper
- 1 cup chopped yellow squash
- 1 cup chopped zucchini
- 1/2 red onion chopped
- 4 eggs

DIRECTIONS

1. Pierce both potatoes with a fork a few times, put in the microwave and cook on high until cooked through, 5 to 10 minutes. Dice both potatoes and set aside.
2. In a medium skillet, heat 2 tablespoons of canola oil over medium heat. Add the bell peppers, squash, zucchini and onions and cook for a few minutes. Add the diced potatoes to the veggies and cook until golden brown. Season with salt and pepper.
3. In a separate pan, heat the remaining tablespoon of canola oil over medium heat and crack in the eggs. Cook until the whites have set, 3 to 4 minutes.
4. Serve up the hash with a fried egg on top of each portion.

Nutrition Facts

4 servings per container

Serving size 1/2 potato

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Sodium 0mg 0%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 3g 6%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CHEF'S NOTES

- Any vegetables can be substituted with favorite or seasonal vegetables
- May use sweet potatoes
- Salt and pepper to taste

RECIPE BY:
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