



## From the Kitchen of Executive Chef Jessica VanRoo

### Fall Sausage and Sweet Potato Hash

Serves 4-6

*468 calories per serving*

**Description from Living Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

This meal-in-a-pan not only tastes rich, it has plenty of lean protein and fiber to fortify your loved ones for the day ahead.

Sweet potatoes are great for promoting gut and eye health because they are rich in vitamin A and antioxidants — which also help our bodies fight cancer-causing free radicals. The high fiber content in sweet potatoes and apples also aids in digestion and helps lower cholesterol.

By using turkey sausage rather than its pork cousin, this dish is far lower in saturated fat, keeping the calories way down.

Combine it with eggs and you have a gooey, delicious protein-laden mash-up that will keep your body humming for hours.

Total cost: \$9.47/\$2.37 per serving



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#### Ingredients

- 1 tablespoon olive oil
- 1 lb turkey sausage
- 1 peeled medium apple, grated on large holes of box grater
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 2 medium peeled sweet potatoes, diced in ½ inch pieces
- 1 teaspoon smoked paprika
- 6 to 8 eggs
- salt and pepper

#### Instructions

1. Heat large pan over high heat, and coat with oil when hot.
2. Crumble sausage and apple mixture into pan, and cook until browned. Remove from pan and set aside.
3. Add more oil to pan, if needed. Add onion, pepper and garlic. Cook just until onions begin to brown.
4. Stir in sweet potato. Cover and cook until sweet potatoes soften.
5. Taste, and season with salt and pepper. Then stir in sausage mix and paprika.
6. “Dig” 6 to 8 depressions in the mixture, and crack an egg into each hole.
7. Cover the pan. Cook on low heat for 3 to 6 minutes, or until eggs set to your liking.
8. Remove from heat and serve.

If your pan is too small, preheat oven to 400 degrees and spoon the cooked hash mixture into a larger baking pan to allow room for eggs. Bake in the oven for 10 to 12 minutes or until the eggs are set.