Oven Roasted Sweet Potato Hash

Serves 6

Ingredients

- 2 lbs sweet potatoes, peeled and cubed into half inch cubes
- 2 Tbsp olive oil, divided
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp oregano
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 whole red bell pepper, seeded, diced
- ½ whole onion, diced
- 1 clove garlic, minced
- 1 pinch crushed red pepper flakes
- 2 Tbsp fresh parsley, chopped

Preparation

Preheat oven to 400 degrees. Line a baking sheet with aluminum foil and spray with cooking spray. Place sweet potato cubes into a bowl and drizzle with one tablespoon of the olive oil. Stir well to coat. Season with salt, pepper, chili powder, cumin, oregano, garlic powder and cayenne pepper. Stir again and spread sweet potatoes on baking sheet in a single layer. Roast in the preheated oven for 20 minutes. Remove from the oven and stir so they’ll continue browning evenly. Return to the oven and roast for another 15-20 minutes or until browned and fork tender. Remove from the oven and set aside. In a large skillet, heat remaining tablespoon of olive oil. Add red pepper and onion and season with salt, pepper and crushed red pepper flakes. Sauté until onion is translucent, about 5-6 minutes. Add garlic and sauté for another minute or two. Add roasted sweet potatoes and stir well to combine. Add chopped parsley and allow everything to heat thoroughly before serving. Top with a sunny-side up egg for a healthy breakfast.

Calories 190, Total Fat 5g, Sat Fat 0.5g, Sodium 250mg, Carbohydrates 34g, Fiber 6g, Sugars 8g, Protein 3g

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