



Sweet Potato Hash

presented by Wake Tech Culinary

two servings

- 1 large sweet potato
- 1 parsnip
- ½ white onion
- ½ cup red bell pepper
- 3 tablespoons olive oil
- 1 clove garlic
- 1 teaspoon smoked paprika
- 1 green onion
- 2 tablespoons chopped parsley or chive

1. Precook the sweet potato in the microwave for 4-4.5 minutes (tender but firm enough for easy cutting). Peel the skin and cut into cubes.

2. Heat oil to medium high heat. Add white onion, pepper, garlic and sauté until soft and slightly browned. Set mixture aside in a bowl.

3. Add the remainder of the oil to the pan on medium high heat. Add the sweet potatoes in a single layer. Sauté for a few minutes undisturbed until browned on one side. Stir and sauté for a couple more minutes until browned on all sides. Add green onion, smoked paprika, and the vegetable mixture to the sweet potatoes. Add salt and pepper to taste.