

SWEET POTATO HASH (SERVES 8)

INGREDIENTS:

4 pounds sweet potatoes (about
3-4 medium sweet potatoes)

1-2 tablespoons canola, vegeta-
ble, or extra virgin olive oil

Salt and pepper

DIRECTIONS:

1. Wash, peel, and grate the sweet potatoes.
2. Heat a large frying pan over medium-high heat for a couple minutes. Add enough oil to coat the bottom of the pan. Add grated sweet potatoes, spreading them across the pan without packing them down. Allow grated sweet potatoes to cook for a couple minutes, without stirring, until the bottom of the sweet potatoes begin to brown. Stir the sweet potatoes and allow them to cook again without stirring until the bottom part begins to brown, a minute or 2.
3. Continue this process until the sweet potatoes are cooked through (they'll turn a brighter orange color than when raw) and browned in many places. This should take 5 to 10 minutes total.
4. Season to taste with salt and pepper and serve.

TIPS:

- A great fall or winter side dish!
- Sweet potato hash tastes great with eggs.