

LIVE WELL **AL**BAMA

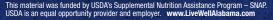
#EatBetter



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Sweet Potato Hash

Helpful Hints

Serve this recipe as a side dish with breakfast or dinner to boost your vitamin A. fiber, and potassium.

Do not give up if your child does not like a new vegetable. Serve it again or in a new way. Kids are more likely to eat veggies they have been served many times.

Sweet Potato Hash

Serves 4

Ingredients

chopped

- ¼ cup vegetable oil2 cups frozen or fresh bell peppers and onions,
- 2 medium sweet potatoes, peeled and cut into small cubes
- 1 teaspoon garlic powder
- ½ teaspoon salt

- 1 teaspoon cumin, optional
- 1 teaspoon red pepper flakes, optional

Directions

- Heat oil in skillet over medium-high heat.
- 2. Add bell peppers and onions. Cook until tender, about 5 minutes.
- Add remaining ingredients and reduce heat to medium.
- Cook for 20 to 25 minutes. Stir often to prevent sticking.