

recipe *Sweet Potato Hash*

ingredients

- 1 tablespoon olive oil
- 1/2 sweet onion, diced
- 2 lbs sweet potatoes, peeled
and diced pettely
- 2 tablespoons water
- 3 large eggs

directions

Sautee the onion in oil until thoroughly softened and then stir in the sweet potato and water. Cover pot and cook on medium-high heat for 10-15 minutes until the potatoes are cooked. Make three cavities with the back of a spoon and crack in the eggs. Cover again, cook 5 minutes until the eggs have set, and scrambled them into the potatoes. Serve immediately.



Breakfast/Snack Crediting: 9 Servings for ages 1-5

CREDITABLE

cacfp.org