

Chicken

Chicken Hash

Women's Day

Servings: 4

Start to Finish Time: 25 minutes

- 1 Tablespoon cooking oil**
- 2 large baked potatoes, peeled and diced (3 cups)**
- 2 cups shredded cooked chicken**
- 3 medium carrots, shredded**
- 1 medium onion, coarsely shredded**
- 1 jar (12 oz) chicken gravy**
- 1/4 teaspoon salt**
- 1/4 teaspoon pepper**

Heat oil in a large nonstick skillet over medium heat. Add remaining ingredients; stir to mix well, then press down with back of a broad spatula.

Cook 8 to 10 minutes until a crust forms on bottom. Turn, in sections, with the spatula. Cook 5 minutes longer.

Flip onto a serving plate or serve from skillet.

Per Serving (excluding unknown items): 229 Calories; 8g Fat (30.2% calories from fat); 5g Protein; 36g Carbohydrate; 5g Dietary Fiber; 1mg Cholesterol; 591mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.