

Crab and Sweet Potato Hash

*Chef Sarah Lee Myers
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Servings: 4

*2 medium sweet potatoes, peeled and chopped
1 large shallot, thinly sliced
1/2 teaspoon salt
1/2 teaspoon sweet paprika
freshly ground black pepper
1 tablespoon olive oil
3 tablespoons butter
2 cloves garlic, thinly sliced
juice of one lemon
rind of one lemon, finely grated
1/2 teaspoon Old Bay seasoning
12 ounces lump crabmeat
4 ounces baby spinach
4 to 6 fried eggs*

Preheat the oven to 350 degrees.

Place the sweet potatoes and shallot on a large baking sheet. Sprinkle with salt, paprika and pepper. Drizzle olive oil over the top and toss. Place in the oven and roast for 20 to 30 minutes or until the sweet potatoes are tender.

Melt the butter in a large skillet over medium heat. Add the garlic, lemon rind, Old Bay seasoning and crab. Cook for 1 minute. Add the lemon juice and spinach. Toss until coated with butter. Add the potato mixture.

Serve warm topped with fried eggs.

Use white potatoes left over from dinner instead of sweet potatoes and shrimp or lobster in place of the crab if you prefer.

Per Serving (excluding unknown items): 344 Calories; 20g Fat (52.8% calories from fat); 23g Protein; 17g Carbohydrate; 2g Dietary Fiber; 301mg Cholesterol; 775mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Vegetable; 3 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	344	Vitamin B6 (mg):	.4mg
% Calories from Fat:	52.8%	Vitamin B12 (mcg):	8.1mcg
% Calories from Carbohydrates:	20.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	26.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	20g	Folacin (mcg):	65mcg
Saturated Fat (g):	8g	Niacin (mg):	3mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	301mg
Carbohydrate (g):	17g
Dietary Fiber (g):	2g
Protein (g):	23g
Sodium (mg):	775mg
Potassium (mg):	490mg
Calcium (mg):	123mg
Iron (mg):	2mg
Zinc (mg):	4mg
Vitamin C (mg):	18mg
Vitamin A (i.u.):	14077IU
Vitamin A (r.e.):	1531 1/2RE

% Refine:

Food Exchanges

Grain (Starch):	1
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 344	Calories from Fat: 182
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% Daily Values*

Total Fat 20g	31%
Saturated Fat 8g	40%
Cholesterol 301mg	100%
Sodium 775mg	32%
Total Carbohydrates 17g	6%
Dietary Fiber 2g	8%
Protein 23g	
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Vitamin A	282%
Vitamin C	30%
Calcium	12%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.