

Sweet Potato and Chicken Hash

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Servings: 6

Yield: 7 cups

3 1/2 cups (about 3 medium) sweet potatoes, peeled and cubed 1/2-inch
1/2 cup water, divided
4 tablespoons olive oil
1 cup onion, diced
1 cup celery, diced
1 cup red bell pepper, diced
1 1/2 pounds (4 cups) cooked chicken breasts, cubed 1/2-inch
1 bunch (1 cup) green onions, sliced
1 cup Italian parsley, chopped
1/2 teaspoon salt
freshly ground black pepper

Place the potatoes in a microwave-safe bowl with four tablespoons of water. Microwave on HIGH until tender, about 4 minutes.

In a deep twelve-inch skillet over medium heat, heat the oil. Add the onion, celery and bell pepper. Cook, stirring, until tender, about 5 minutes.

Add the sweet potatoes, chicken, green onions and remaining water to the vegetables. Heat through. Remove the pan from the heat. Fold in the parsley. Add the salt and pepper. With a large fork, lightly smash the sweet potatoes.

Per Serving (excluding unknown items): 184 Calories; 9g Fat (44.8% calories from fat); 2g Protein; 24g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 213mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	184	Vitamin B6 (mg):	.3mg
% Calories from Fat:	44.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	50.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	43mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily*	n n%

Carbohydrate (g):	24g
Dietary Fiber (g):	4g
Protein (g):	2g
Sodium (mg):	213mg
Potassium (mg):	360mg
Calcium (mg):	49mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	81mg
Vitamin A (i.u.):	17184IU
Vitamin A (r.e.):	1718RE

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 184 Calories from Fat: 82

% Daily Values*

Total Fat 9g	14%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 213mg	9%
Total Carbohydrates 24g	8%
Dietary Fiber 4g	16%
Protein 2g	

Vitamin A	344%
Vitamin C	135%
Calcium	5%
Iron	8%

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