



# Apple Sweet Potato Hash

Prep Time: 15 min   Cook Time: 15 min   Yield: 4 servings

## Ingredients

- 1 large sweet potato
- 1-2 crisp apples (granny smith, fuji, and honeycrisp work well)
- 2 tbs olive oil
- 1 tsp sage, chopped fresh or ground
- 1/2 tsp garlic powder
- salt and pepper to taste

## Instructions

- Wash, peel, and chop the sweet potato and apples into bite sized chunks. Be sure that they are all the same size so they cook evenly.
- Heat a pan with a lid over medium heat and add oil. Add sweet potato and saute 1-2 minutes. Cover with lid 5 minutes to allow steam to cook the potatoes until soft. Do not let them burn!
  - Add the apples and season with sage, garlic powder, salt, and pepper. Saute until apples are soft, but not mushy. Serve immediately.