

Potato and Zucchini Hash

SERVES: 4 PREP TIME: 10 min. COOK TIME: 15-20 min.

Ingredients:

- 2 potatoes, shredded or diced small (about 1½ pounds)
- 1 onion, diced small
- 2 tablespoons vegetable oil
- 1 zucchini or yellow squash, shredded or diced small
- 1 clove of garlic, minced (or 1/4 teaspoon garlic powder)
- 1/4 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon dried parsley
- eggs or sausage (optional)

Tips:

leaving skin-on adds fiber + other nutrients;
adding squash cuts down calories + carbs

Directions:

1. Pre-heat skillet while preparing vegetables; heat oil on medium.
2. Sauté potatoes and onions with half of salt, until half-tender.
3. Add zucchini and garlic; stir occasionally to allow browning.
4. When vegetables are done, season to taste.
5. Serve with eggs or sausage for protein, and fruit on side to balance meal – great for breakfast or dinner!

