

# Sweet Potato Hash Browns

**Makes:** 6 Healthy Hash Browns • **Prep Time:** 10 to 15 minutes • **Cook Time:** 10 minutes

## Ingredients

1 medium potato  
1 medium sweet potato  
1 Tbsp. chunky salsa  
2 Tbsp. minced onion (optional)  
1/2 tsp. salt  
2 Tbsp. cooking oil (canola or vegetable)

## Directions

**Peel the potato** with a vegetable peeler, then grate with a box grater. Fill a medium bowl with cold water and place the grated potato in water. Set it aside.

**Poke holes** on all sides of the sweet potato with a fork. Place on a microwave safe plate and cook in the microwave (on HIGH) for 5 minutes. Let sweet potato cool for a minute or two before removing the skin. Slice the flesh of the sweet potato into large pieces and place in a medium-sized mixing bowl. Add salsa. Mash the two together with a fork. Stir in onion (if using).

**Drain grated potato** and pat dry with paper towel. Add the grated potato to the sweet potato mixture. Add salt and give it a stir to combine all the ingredients.

**To cook**, heat 1 Tbsp. of oil in a non-stick skillet over medium heat. When oil is hot, add an ice cream scoop amount of the sweet potato mixture to the pan (3 scoops fit in my 10-inch (25 cm) skillet). Flatten each scoop with the bottom of a spatula. Let the hash browns sizzle until the outside is golden brown, about 2 minutes. Flip to cook the other side. Remove cooked hash browns from skillet and set on paper towel to soak up excess oil. Heat the remaining 1 Tbsp. of oil in the pan, and repeat the steps to cook the remaining 3 hash browns.

**To freeze**, allow hash browns to completely cool. Lay flat in a resealable freezer bag and place in the freezer.

