

SWEET POTATO HASH

Ingredients

- 1 tbsp olive oil
- 2 medium sized sweet potatoes, diced
- 1 each, red, yellow & green pepper, diced
- 1 medium sized red onion diced
- 1 c. chopped kale
- 1 tbsp chili powder
- ½ tsp each salt & pepper

Sausage

- 1 lb ground chicken or turkey
- 2 cloves of garlic, minced
- 2 tsp Dijon mustard
- 2 tsp fennel seeds
- 2 tsp smoked paprika
- 2 tsp onion powder
- ½ tsp each salt & pepper

Instructions

- Preheat olive oil in a large skillet over med-high heat. Add sweet potatoes and half of chili powder, plus a sprinkle of salt. Saute for 15-20 minutes until softened, stirring occasionally.
- Meanwhile, mix together ingredients for sausage. Add to skillet once sweet potatoes have cooked 15 min, breaking up sausage with a spoon and cooking for 3-4 minutes until browned.
- Add in bell peppers, onions, and remaining chili powder and salt & pepper, cooking another five minutes. Stir in kale and remove from heat, then divide among 4 glass meal prep bowls. Serve and enjoy - will last in fridge up to 5 days.

Serves 4

Nutrition: 352 calories; 16g fat; 26g carbs; 27g protein