

Beets and Sweets Hash

Adapted from generationfoodie.com

Recipe type: main dish, breakfast

Serves: 4

Time: 30 minutes

Ingredients

- 2-3 small sweet potatoes, washed and cut into ½ inch cubes
- 2-3 large beets, washed, peeled and cut into ½ inch cubes
- 2-3 cups beet greens (can substitute chard or spinach), washed and chopped
- 1 medium yellow onion, sliced
- 2 cloves garlic, sliced thinly
- 1 tablespoon olive oil
- 1 tablespoon fresh rosemary (or 1 teaspoon dried), washed stemmed, and chopped
- salt and pepper, to taste
- 4 eggs, optional

Directions

1. In a large pot, boil 1 cup of water and add sweet potatoes and beet cubes. Boil 2-3 minutes, until fork tender. Drain and set aside.
2. Heat olive oil in a large frying pan over medium heat. Sauté onion and garlic 3-4 minutes, until softened.
3. Add sweet potatoes, beets, and rosemary and stir to mix. Continue to sauté for 7-8 minutes, until potatoes and beets are browned.
4. Add greens and toss thoroughly. Continue to cook 2-3 minutes, until greens are wilted and stems are softened.
5. Season with salt and pepper. Serve warm with poached or fried eggs, if desired.

