

Chicken Sausage, Sweet Potato Hash



Prep Time: 15 minutes
Cook Time: 30 minutes

Makes 6 servings

Calories: 214
Protein: 11.5 g
Carbs: 8 net g
Fat: 13.5 g

Ingredients:

- 1 large sweet potato, diced
- 3 oz. yellow bell pepper, diced
- 3 oz. red bell pepper, diced
- 2 cloves garlic, minced
- 1 lb. chicken sausage
- 5 oz. onion, diced
- 4 tbs. olive oil, divided
- Salt and pepper, to taste
- 1 large green onion, chopped

Directions:

1. In a large, nonstick skillet, heat 2 tbs. olive oil over medium heat. Once pan is hot, add diced sweet potatoes, peppers, and garlic. Cook until sweet potatoes are tender and browned.
2. While the sweet potatoes are cooking, heat a second large skillet with 2 tbs. olive oil over medium-high heat. Once oil is heated, add chicken sausage, onions, and salt and pepper. Cook until the chicken sausage is no longer pink and the onions are translucent and soft.
3. Combine the ingredients of both pans. Garnish with green onions and serve.