Mexican Sweet Potato and Pepper Hash

Source: Developed by Spork Foods

About the Recipe

384 Calories · 10 g Protein · 10 g Fiber
Breakfast

Ingredients

Makes 5 Servings

- 1 cup (160 g) brown or yellow onion, diced
- 1 clove (3 g) garlic, finely chopped
- 3 cups sweet potato (330 g), peeled and diced
- 1 cup (110 g) russet potato, diced
- 1/2 (94 g) red bell pepper, finely chopped
- 3 tablespoons (45 mL) neutral-tasting high-heat oil (safflower or grapeseed oil)
- 1/4 teaspoon sea salt
- 1/4 teaspoon finely ground black pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried ground chipotle
- 2 teaspoons (10 mL) maple syrup or agave
- 2 tablespoons (30 mL) lime juice
- 1 16-ounce can (512 g) pinto beans, rinsed
- 1/4 cup (4 g) cilantro, roughly chopped, for garnish
- 10 corn tortillas (280 g)
- Sliced fruit, berries, or fruit salad **optional*
- 1 1/2 cups (263 g) ripe mango, peeled and diced
- 1/2 cup (90 g) beefsteak tomato, seeded and diced
- 1 tablespoon (10 g) finely chopped red onion

- 2 tablespoons (30 mL) fresh lime juice
- 1/4 teaspoon sea salt
- 1/2 teaspoon finely ground black pepper
- 1/2 teaspoon hot sauce

Directions

1. Preheat oven to 375 F.
2. On a parchment-lined baking sheet, add onion, garlic, sweet potato, potato, and bell pepper. Toss to coat in oil. Add sea salt, pepper, cumin, oregano, chipotle, maple syrup or agave, and lime juice. Toss to coat and spread out evenly.
3. Roast for about 40-50 minutes, depending on size of dice, until sweet potato is soft.
4. Remove from oven and toss with pinto beans while warm. Set aside to cool.
5. For salsa, place mango, tomato, and onion in a large bowl. Add lime juice, sea salt, pepper, and hot sauce. Set aside to allow flavors to develop.
6. Serve hash warm, topped with cilantro, with salsa in a 2-ounce container on the side. Warm two tortillas. Roll up and wrap in foil. Serve on side. Serve with fruit or fruit salad, if desired.

Nutrition Facts

Per Serving:
Calories: 384
Total Fat: 11 g
Saturated Fat: 1 g
% Calories From Fat: 24%
Cholesterol: 0 mg
Protein: 10 g
Carbohydrate: 66 g
Sugar: 16 g
Fiber: 10 g
Sodium: 419 mg
Calcium: 129 mg
Iron: 3 mg
Vitamin C: 61 mg

Beta-Carotene: 7,803 mcg
Vitamin E: 5 mg