

Roasted Potato Hash with Kale



This recipe for crispy breakfast potatoes will remind you of eating at your favorite diner with a nutritious twist!

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 lb.	Potatoes, Yukon Gold, medium dice
1 each	Onion, medium dice
1 each	Red Bell Pepper, medium dice
1 Tbsp	Olive Oil
½ tsp	Garlic Powder
½ tsp	Smoked Paprika
¼ tsp	Kosher Salt
¼ tsp	Black Pepper
3 stalks	Kale, ribs removed and chopped fine

CHEF'S NOTES

Yukon gold potatoes have a natural buttery flavor with a lower starch content. They are a great all-purpose potato and create the perfect crisp texture when roasted while still maintaining a creamy interior.

Make this a complete meal by adding your favorite egg and add more tangy, smoky flavor by topping with our Romesco Sauce (see separate recipe)!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat the oven to 425°F and line a sheet tray with parchment paper or foil.
2. In a large mixing bowl, combine the diced potatoes, onion, and bell pepper. Add the olive oil and toss the vegetables so they are evenly coated with the oil. Add the salt, black pepper, garlic powder, and smoked paprika and mix the vegetables so they are evenly seasoned.
3. Transfer the vegetables to the prepared sheet tray and spread in an even layer, making sure to avoid overlap. Bake until the potatoes are tender and browned on the edges, about 20 – 25 minutes, tossing halfway through.
4. Meanwhile, add the chopped kale to a medium bowl. Using clean hands, massage it by rubbing between your fingers until it is dark green and shiny.
5. Once the potatoes are tender, remove the pan from the oven and add the chopped kale, stirring to combine. Transfer the mixture to a serving bowl or platter and enjoy!

Nutrition Facts

4 servings per container

Serving size 1 cup (192g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 25g 9%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.3mg 8%

Potassium 630mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

