

Spicy Potato Hash

This satisfying potato side dish is perfect for breakfast, lunch, or dinner and can be modified to suit your tastes with your favorite vegetables and seasonings.

YIELD 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

1 each	Poblano Pepper
1 Tbsp	Olive Oil
2 ½ lb	Yellow Potato, diced
1 each	Onion, diced
1 each	Red Bell Pepper, diced
1 Tbsp	Smoked Paprika
1 Tbsp	Garlic Powder
1 tsp	Kosher Salt
½ tsp	Black Pepper, ground
2 cups	Kale, chopped

CHEF'S NOTES

For a time saving shortcut in this recipe, you can substitute a can of diced green chiles for the charred poblano.

Potatoes are a great source of Potassium which plays a key role in your body's fluid balance. It's also important for nerve functioning and helps to regulate muscle and heart contractions.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line two half sheet trays with parchment paper or foil and set aside.
2. Place the pepper directly over the burner of a gas stove set to medium heat. Using a pair of metal tongs, turn the pepper occasionally, until blistered and blackened on all sides (This can also be done under a broiler) Transfer the charred pepper to a bowl and cover tightly with plastic wrap. Allow to sit for 5-10 minutes or until the skin starts to loosen and the pepper is cool enough to handle.
3. Meanwhile, in a large mixing bowl, add the diced potato, onion and bell pepper along with the smoked paprika, garlic powder, salt and pepper. Toss to combine evenly and transfer to the prepared sheet trays.
4. Bake until the potatoes are browned and tender, about 20 - 22 minutes, flipping halfway through.
5. Meanwhile, once the poblano is cool enough to handle, use a clean kitchen towel or paper towels to carefully rub off and discard the blackened skin. Cut the pepper open to remove the ribs and seeds then finely chop the pepper and set aside.
6. Finish the hash by adding the chopped kale and reserved diced poblano pepper to the sheet trays. Return to the oven to heat through, about 2 – 3 minutes.

Nutrition Facts

8 servings per container

Serving size 1/2 cup (200g)

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 30g **11%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1.6mg 8%

Potassium 770mg 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.

