

Sweet Potato & Brussels Sprout Hash



This delicious side dish showcases some of fall's most popular vegetables! Roasting concentrates the flavors of the vegetables and spices together. Meal Prep Tip - Make these ahead of time and reheat when ready to eat!

YIELD 9 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the glaze:

¼ cup	Brown Sugar
¼ cup	Olive Oil
1 tsp	Smoked Paprika
½ tsp	Garlic Powder
½ tsp	Red Pepper Flakes
½ tsp	Kosher Salt
¼ tsp	Black Pepper
¼ tsp	Cayenne

For the hash:

1 lb	Brussels Sprouts, trimmed and halved
1 lb	Sweet Potato, 1" dice
1 each	Red Bell Pepper, 1" dice
1 each	Red Onion, 1" dice

CHEF'S NOTES

Cutting the vegetables to a similar size will help the hash roast evenly and result in a uniform tenderness.

Don't overcrowd your pan. If necessary, spread the hash onto two sheet-trays to avoid steaming the vegetables. We recommend parchment-lined sheet-trays for easy clean-up. For a crisper roast, put your vegetables directly onto the sheet tray.

Remember to determine if your dish is ready by the tenderness of the sweet potato and Brussels sprout, not by time alone.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F. Line two half-sheet trays with parchment paper or foil.
2. In a small bowl, combine the brown sugar, olive oil, paprika, garlic powder, red pepper flakes, salt, cayenne, and black pepper. Mix the glaze until it is fully incorporated.
3. In a large mixing bowl, using a spatula, toss together the cut vegetables with glaze until evenly coated. Spread the seasoned vegetables in a single layer on the prepared sheet pans.
4. Place the sheet pan in the oven and bake for 20-25 minutes, tossing halfway through for even browning. Use a fork to make sure the sweet potatoes and Brussels sprouts are tender. Remove from the oven and enjoy!

Nutrition Facts

9 servings per container

Serving size 1/2 cup (137g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 21g 8%

Dietary Fiber 4g 14%

Total Sugars 8g

Includes 4g Added Sugars 8%

Protein 3g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.2mg 6%

Potassium 430mg 10%

* 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.

Recipe adapted from Delicious by Design, "Roasted Brussels Sprouts and Sweet Potato Hash" (10.29.20)



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