



# Recipe




**Dish** Sweet Potato Hash

**Serves** 1 **Prep time** 10 min **Total time** 25 min




## Ingredients

1 medium sweet potato  
Any veggies on hand  
1 tbs olive oil  
Salt  
Pepper  
Garlic powder



## Directions

- 1 . Heat 1 tbs oil in non-stick pan over med-high heat.
  - 2 . Add diced sweet potatoes. Cover and cook for 5 minutes, stirring occasionally.
  - 3 . Uncover and add any vegetables you have on hand.
  - 4 . Add desired seasonings and stir to coat.
  - 5 . Continue to cook for 5-8 minutes until potatoes have reached desired crispiness.
  - 6 . Pair and enjoy with whichever protein source you prefer, from eggs to chicken to sausage!
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# Campus Resources



Registered Dietitian  
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**Contact us!**



**FOOD  
FOR THOUGHT  
PANTRY**

The Food For Thought Pantry works to help currently enrolled students who are facing food insecurity put food on the table. The Pantry partners with the Second Harvest of Big Bend along with donations from students and local organizations to keep shelves stocked.

University Center A, Suite 4148  
Mon-Fri | 8:00am to 5:00pm  
(850) 644-2428



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