



## Apple, Chayote & Sweet Potato Hash

Recipe Provided by Chef Alexandra I. Lopez

### Ingredients:

- 1 ½ Tbsp. olive oil
- 1 chayote, peeled, pit removed and diced
- 3 medium sweet potatoes, peeled and diced
- 3 large apples, cored, unpeeled and diced (suggest Fuji, Gala or Golden Delicious)
- 6 slices of bacon, cut into small pieces
- ½ cup onion, finely chopped
- 1 poblano pepper, seeded and finely chopped
- 1 red bell pepper, seeded and finely chopped
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- 4 eggs

*Optional garnish:* chopped chives, cilantro or parsley



### Directions:

1. Preheat oven to 425° F.
2. Grease a large roasting pan with ½ a tablespoon of olive oil. Add the chayote and sweet potato into the pan and drizzle a tablespoon of olive oil over the vegetables. Stir well to coat with oil and season with salt and pepper. Roast uncovered for 30 minutes.
3. In a medium saute pan, cook bacon at medium high heat until crispy and golden brown. Using a slotted spoon remove cooked bacon from pan, carefully transfer grease into a heat proof bowl. Keep approximately one teaspoon of rendered bacon fat in the saute pan and return to medium heat. Add onions and peppers and cook for 5–7 minutes or until tender. Remove from heat to cool slightly.
4. Remove roasting pan from oven. Add in the apples, bacon and pepper–onion mixture and stir well. Return to oven and roast for an additional 15–20 minutes or until vegetables are tender and golden brown. Serve hash with poached or fried egg and garnish with chopped herbs if you wish. Serves 4.

**Nutrition Info:** Each serving contains 380 calories, 48 g carbohydrate, (9 g fiber), 14 g protein, 16 g fat, (4 g saturated fat), 225 mg cholesterol, and 700 mg sodium.

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