

# balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

## Sweet Potato Hash

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Serves: 4

### **Ingredients:**

2 large sweet potatoes  
1 pound ground Italian turkey sausage, thawed  
Large onion  
Coconut oil  
Salt and pepper

### **Directions:**

1. Chop onion into small pieces. Grate sweet potato in food processor.
2. In large frying pan, brown turkey sausage, add a little olive oil if necessary. Add in grated sweet potato and onion. Stir frequently on medium low until sweet potato and onion are completely soft, 20 minutes or so.
3. Add in 2-3 tablespoons of coconut oil while cooking to avoid burning.
4. Add salt and pepper to taste. Enjoy!

### **Bonus tips:**

For healthy alternatives to pasta and rice:

- A spiralizer is a really useful and fun kitchen gadget that allows vegetables to be made into noodles. Zucchini can be prepared very well using this tool, and can be prepared and then kept in the refrigerator for 4-5 days uncooked. Sauté briefly in a small amount of olive oil until just softened, and use in place of pasta with any sauce or topping.
- Cauliflower is a great substitute for rice. Many grocery stores sell it bagged and already riced so it's ready to go. Otherwise, it can be riced in a food processor or by hand with a cheese grater. Sauté in a small amount of olive oil, turning constantly until softened and seasoned with salt and pepper.

Recipe courtesy of Avera Medical Group Dermatologist Jana Johnson, MD