Apple Sweet Potato Hash

This quick apple sweet potato hash is the perfect side dish. Great for breakfast, lunch, brunch or dinner! Quick, simple vegan, gluten free, low fat and full of flavor!

Servings 4

Ingredients
- 2-3 large sweet potatoes cut into uniform cubes
- 1-2 small apples
- 1 tbs. oil
- 1/2 tsp garlic powder
- 1/2 tsp cinnamon (optional)
- 1/2 tsp. salt
- pinch of black pepper

Instructions
1. Dice sweet potatoes into uniform cubes. Coat with ½ tbs oil. Bake in 350-degree oven for 15 minutes or until softened.

2. Peel and chop apples while sweet potatoes are cooking.

3. Preheat a large skillet over medium heat. Add 1/2 tbs oil to the frying pan.

4. Add the sweet potatoes and chopped apples to the skillet Add salt and pepper and optional cinnamon.

5. Cook for 5-7 minutes over medium heat, Stir occasionally.

6. Or..... add the apples to the potatoes and continue cooking them in the oven stirring occasionally until full cooked.

7. Serve with your favorite protein (great with chicken, bacon)

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APPLE

The old saying “an apple a day keeps the doctor away” might just turn out to be a pretty true cliché. Apple nutrition benefits include the ability to improve your digestion — thanks to being one of best high-fiber foods — lower disease-causing inflammation, improve heart health and help you better manage your weight. Plus, apples make a great, portable post- or pre-workout snack thanks to their quick-releasing natural sugars than can raise your energy.

While berries usually get most of the credit when it comes to supplying antioxidants, apples are a close runner-up. With a diverse family of phytonutrients present in apple pulp and skin, some studies have linked the consumption of apples with a reduced risk of certain forms of cancer, obesity, cardiovascular disease, asthma, Alzheimer’s disease and even diabetes.

According to Department of Food Science at Cornell University, “In the laboratory, apples have been found to have very strong antioxidant activity, inhibit cancer cell proliferation, decrease lipid oxidation, and lower cholesterol.”

Apples are extremely rich in important antioxidants, flavonoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing cancer, hypertension, diabetes, and heart disease.

A fruit grown throughout the world in temperate climates for at least 3,000 years, there are now thousands of varieties from yellow to green to red, tender to crisp, sweet to tart and simple to complex. The apple tree and pear tree are related to each other—They are both part of the rose family. "Baking" apples are varieties that hold up well when cooked and don't turn mushy.

HOW TO SELECT
Available year round from storage, but high season is at harvest (September to November). Select firm, smooth skinned apples, free from bruises.

HOW TO STORE
In a cool dark place or in a plastic bag in the refrigerator for months, though they may get a bit mealy.

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