

Sweet Potato Hash Browns

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1 ½ pounds sweet potato, peeled, shredded
1 cup chopped onion
4 teaspoons extra-virgin olive oil, divided

Mix sweet potatoes and onions in a large bowl. Heat 2 teaspoons olive oil over medium-low to medium heat in a large skillet. Add about half of the sweet potatoes and onions, and stir to coat. Press with a spatula to flatten. Cook about 7-8 minutes; do not stir. Flip, and cook another 3-5 minutes. Remove from skillet, and set aside. Repeat to cook remaining vegetables. When done, combine the two batches in the skillet. Cook another 2-3 minutes, stirring occasionally. Serve immediately.

Yield: 8 servings (serving size: about ½ cup)

Recipe Notes

- To shred potatoes, it's best to use a food processor (shredding disc attachment), although you can do it by hand.
- Variation: Use a combination of sweet potatoes and Yukon Gold or russet potatoes.