

'UALA (SWEET POTATO) HASH

INGREDIENTS

- 2 cups **'uala** or about $\frac{3}{4}$ pound (purple Okinawan sweet potatoes are recommended)
- $\frac{1}{3}$ cup **round onion**
- 1 teaspoon **vegetable oil** (for egg)
- 1 tablespoon **vegetable oil** (for 'uala and onions)
- 2 **large eggs**
- $\frac{1}{4}$ teaspoon **salt**
- $\frac{1}{2}$ cup **water**
- Optional: chopped **green onions**

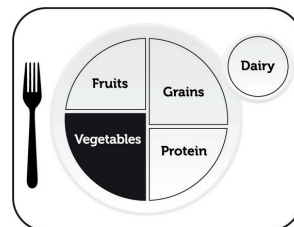
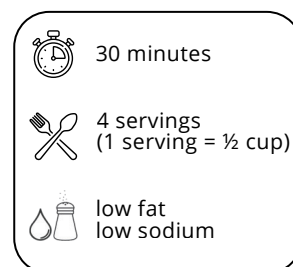
DIRECTIONS

Always practice food safety when cooking.

- 1) Dice 'uala into $\frac{1}{4}$ inch pieces. Set aside.
- 2) Dice onion into $\frac{1}{2}$ inch pieces. Set aside.
- 3) Add 1 teaspoon of oil to a large pan on medium heat. Add eggs and scramble with spatula until fully cooked. Remove from pan and place in a serving dish.
- 4) Add 1 tablespoon of oil. Add 'uala, onion, salt, and water to pan. Stir to coat 'uala and onion evenly. Turn heat down to medium low. Cover the pan with a lid and cook for 5 minutes.
- 5) Stir occasionally, making sure 'uala and onion don't stick to the bottom of the pan.
- 6) When 'uala is softened, remove lid and lightly pan fry for several minutes.
- 7) Scoop on top of scrambled eggs. Gently toss together and serve with green onions sprinkled on top (optional).

NOTES

- If desired, add chopped tomatoes or diced jalapeño.
- Chopped leafy greens, bell peppers, or other vegetables can be added.
- Leftover chopped turkey, chicken, beef, or pork may be added.
- A small amount of canned corned beef or diced lite (less fat, less sodium) luncheon meat could be added, but this would increase the saturated fat and sodium content.
- If not eaten right away, purple from the 'uala tends to darken the color of the egg.



Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (143g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0.6mcg	4%
Calcium 40mg	4%
Iron 1.1mg	6%
Potassium 50mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from Garden to Grindz