

# Ham and Sweet Potato Hash

## Ingredients:

- 2 1/2 cups sweet potatoes, peeled and diced
- 1 tablespoons extra-virgin olive oil, divided
- 5 ounces left over ham, diced
- 1 cup finely chopped onion
- 2 red bell peppers

*Optional: salt, pepper or hot sauce*

## Directions:

1. Place sweet potatoes and 2 tablespoons water in a microwave-safe dish; cover with plastic wrap. Microwave at high 5 minutes or until tender. Place potatoes on a paper towel-lined plate. Let stand 5 minutes.
2. In a large skillet heat, using non-stick cooking spray, add ham and onions; cook 8 minutes, stirring occasionally. Place in a bowl to the side.
3. Add 1 tablespoon oil, potatoes, bell pepper, and cook 6 to 8 minutes or until potatoes are crisp. Stir in ham and onions.
4. Divide potato mixture evenly among 4 plates, season with optional salt, pepper, or hot sauce.

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **200**

% Daily Value\*

**Total Fat** 6.7g **9%**

Saturated Fat 1.5g **8%**

**Cholesterol** 20mg **7%**

**Sodium** 493mg **21%**

**Total Carbohydrate** 29.2g **11%**

Dietary Fiber 4.4g **16%**

Total Sugars 8.6g

**Protein** 8.1g