

# Sweet Potato Black Bean Hash

Yields: 4 servings

## Ingredients

- Cooking Spray
- 3 cups diced sweet potatoes (about 2 large potatoes)
- ½ yellow onion, diced
- 1 red bell pepper, sliced
- 1/8 tsp. each salt and pepper
- ½ Tbsp. paprika
- 1 tsp cumin
- 2 cups spinach
- 1 15-oz. can black beans



## Directions:

1. Spray a large pan with cooking spray on medium heat.
2. Add sweet potatoes, onion, bell pepper, and seasonings and stir.
3. Cook for 10 minutes, occasionally stirring.
4. Add spinach and cook for an additional five minutes.
5. Lastly, add the black beans and stir until all ingredients are well-blended.

Serve up with eggs and avocado or on its own. Enjoy!

Nutrition Information: (Per Serving)

<u>1/4 Recipe Only</u>	<u>1/4 Recipe + 1 Egg</u>	<u>1/4 Recipe + 1/4 Avocado</u>	<u>1/4 Recipe + 1 egg + 1/4 Avocado</u>
215 Calories	295 Calories	295 Calories	365 Calories
1 g Fat	6 g Fat	8 g Fat	13 g Fat
44 g Carbohydrate	44 g Carbohydrate	44 g Carbohydrate	44 g Carbohydrate
10 g Protein	17 g Protein	11 g Protein	18 g Protein

Recipe From:

[https://www.buzzfeed.com/jodyduits/this-very-healthy-breakfast-will-make-you-feel-refreshed-and?utm\\_term=.yk20R1yBl#.abmaj065n](https://www.buzzfeed.com/jodyduits/this-very-healthy-breakfast-will-make-you-feel-refreshed-and?utm_term=.yk20R1yBl#.abmaj065n)

Nutrition information derived from MyFitness Pal

**WAKE UP!**

*Make time to refuel your body and jump-start your day with breakfast!*

**To Breakfast!**

**REFUEL your BODY!**

**Breakfast Boost**  
Begin your day with an energizing boost by eating breakfast. Long-lasting fuel comes from a combination of:

- Complex carbohydrates
- Lean protein
- Healthy fats

**Breakfast Eaters:**

- ① Tend to eat healthier throughout the day
- ① Are more physically active
- ① Consume more vitamins and minerals
- ① Have better concentration and problem solving skills
- ① Maintain a healthy weight

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