



Potato and Parsnip Hash (PKU-Friendly)

A warm and savory breakfast sure to satisfy everyone in the family! Serve with BBQ Jackfruit for a PKU-Friendly version, or fried eggs to complete the hearty start to the day!

U.S.		Metric	Phe (mg)	Pro (g)
1 each	Potato, small dice, about 1/4"	1 each	285 mg	5.7 g
1 each	Parsnip, small dice, about 1/4"	1 each	58mg	1.35 g
1/2 each	Onion, small dice	1/2 each	45mg	1.25 g
1/4 each	Red Bell Pepper, finely	57g	39mg	0.55 g
1 small	Carrot, peeled, finely diced	85g	26mg	0.8 g
1 tsp	Thyme, fresh, chopped	3g	0	0
1 Tbsp	Canola Oil	15mL	0	0
1 clove	Garlic, minced	3g	0	0
1 tsp	Smoked Paprika	1g	0	0
1/2 tsp	Salt	3g	0	0
1/4 tsp	Red Pepper Flakes	1g	0	0

Protein per recipe: 9.65 g
Phe per recipe: 453 mg

Protein per serving: 1.6 g
Phe per serving: 75.5 mg

Preparation:

1. Peel and dice potatoes and parsnips. They should be uniform in size in order to cook evenly, about a 1/4" cube. Add cold water to cover and bring to boil. Cook until tender, about 5-7 minutes. Drain, then dry on a towel lined baking sheet or plate.
2. While waiting for potatoes and parsnips to cook, dice the onion, bell pepper, and carrot. These should be smaller than the potatoes and parsnips.
3. Heat oil in large sauté pan over medium heat. Add onions, bell pepper, and carrot. Cook until tender and slightly browned, about 4-6 minutes. Mince the thyme and garlic.
4. Add potatoes and parsnips to pan and cook until golden brown, about 7-10 minutes. Do not stir too often, or the hash will not brown. Allow it to cook in the pan and form a golden 'crust' before stirring. Add the garlic, thyme, smoked paprika, crushed red pepper, and salt. Cook until the garlic is aromatic, about 1-2 minutes.
5. Serve immediately.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **1/2 cup**

Amount per

Calories **90**

Calories from Fat 20

Total Fat 2.5 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated 1.5 g

Cholesterol 0 mg

Sodium 20 mg

Total Carbohydrate 16 g

 Dietary Fiber 3 g

 Total Sugars 3 g

 Includes 0 g Added Sugars

Protein 1.6 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 395 mg

Phosphorus 61 mg
