



Spicy Sweet Potato and Beet Hash

| <u>U.S.</u> | | <u>Metric</u> |
|--------------------|-------------------------------------|----------------------|
| 4 lbs | Sweet Potatoes, peeled, medium dice | 1.8 kg |
| 2 lbs | Beets, peeled, medium dice | 907 g |
| 1 large | Onion, medium dice | 1 large |
| 2 Tbsp | Olive Oil | 30 mL |
| 2 tsp | Garlic Powder | 1.2 g |
| 2 tsp | Onion Powder | 1.2 g |
| 1 Tbsp | Cumin, ground | 1.8 g |
| 1 Tbsp | Coriander, ground | 1.8 g |
| 1 Tbsp | Chili Powder | 1.8 g |
| 1 tsp | Paprika | 1 g |
| 1 tsp | Cinnamon, ground | 1.2 g |
| 1/4 tsp | Salt, Kosher | 1.5 g |
| 1/2 tsp | Black Pepper, ground | 1.2 g |

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. In a large bowl toss all ingredients until sweet potatoes and beets are well coated with spices. Place on a baking tray lined with parchment paper.
4. Roast in the oven until tender, about 45 minutes.

Nutrition Facts

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|---------------------|--------------|
| Serving size | 1 cup |
| Servings | 14 |
| Calories | 170 |
| Calories from Fat | 20 |
| Total Fat | 2.5 g |
| Saturated Fat | 0 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 1.5 g |
| Cholesterol | 0 mg |
| Sodium | 180 mg |
| Carbohydrates | 35 g |
| Dietary Fiber | 7 g |
| Sugars | 10 g |
| Protein | 4 g |
| Vitamin A | 370 % |
| Calcium | 6 % |
| Vitamin C | 10 % |
| Iron | 8 % |
| Phosphorus | 97 mg |
