

Roasted Okra and Sweet Potato Hash

THE JAMES
Mobile
Education
Kitchen

Heart Health

Items Needed: cutting board, knife, skillet, wooden spoon or spatula

Serves: 2-3

Ingredients:

- 1 sweet potato
- 1 cup of chopped okra
- ½ onion
- ½ bell pepper
- Chicken sausage
- 2 tsp of olive oil
- 2-3 eggs (1 per serving.)
- Salt and Pepper to taste

Directions:

1. Preheat the oven to 425 degrees.
2. Peel the sweet potato and medium dice, clean and chop the okra into a similar size.
3. Toss in one teaspoon of olive oil season with salt and pepper, put on sheet pan and place in the oven.
4. While these are roasting, cut onion and pepper into a small dice.
5. Place your skillet over medium heat and add your oil. Let the oil come up to temperature and chop, add chicken sausage and cook until the onions are translucent and the peppers are softened.
6. Remove the roasted veg from the oven when cooked through and add to the skillet, toss together and remove from heat.
7. Top with an egg and enjoy.



Nutrition Information (per 1/3 recipe):

Calories: 244 Fat: 13 g Carbs: 14.6 g Protein: 18.7 g Fiber: 3 g Sodium: 566mg

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