

Sweet Potato & Turmeric Hash

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

YIELDS: 2 SERVINGS

Ingredients

- 1 cup raw sweet potato, shredded
- ¼ cup raw onion, chopped
- Nonstick cooking spray, butter, or oil to coat pan
- 4 raw eggs
- ½ teaspoon raw turmeric, shredded
- 2 teaspoons fresh parsley, chopped
- Salt to taste

Qualities

- Texture: Crunchy
- Rating for Scent : 6/10
- Spice Level: 1/10

Recipe Benefits

- Dairy free
- Gluten free
- Anti-inflammatory
- Anti-nausea



Nutrition Content for ½ Recipe

Calories: 266kcal	Carbohydrates: 25.9g
Fat: 11.1g	Fiber: 4.3g
Protein: 14.9g	Added sugar: 0g
Sodium: 125.5mg	

Directions

1. In a bowl, shred the raw sweet potato using a grater.
2. Add the chopped onion to the bowl & salt as desired.
3. Stir to combine ingredients.
4. Warm a pan over medium-high heat & grease with nonstick cooking spray, butter, or oil.
5. Add the sweet potato mixture to the hot pan & stir to cook until golden brown.
6. While potatoes are browning, crack the raw eggs in the same bowl as before (less dishes).
7. Shred the raw turmeric into the bowl ovetop of the eggs using a fine grater (or chop it on a cutting board).
8. Add salt as desired, then stir together until eggs are well mixed.
9. Pour the egg mixture over top of the sweet potatoes in the pan.
10. Scramble all together until egg is fully cooked.
11. Top with chopped parsley for freshness & serve warm.

Chef Tips/Adjustments

- This recipe can be stored in an airtight storage container and placed in the refrigerator for future use.

