

BRUSSELS SPROUTS SWEET POTATO SAUSAGE HASH

INGREDIENTS:

- 1 lb. lean Italian sausage
- 1 medium sweet potato, cubed
- 1/2 pound Brussels sprouts, quartered
- 1 bell pepper, diced
- 1/2 small red onion, sliced
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1/2 teaspoon paprika
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon pepper

DIRECTIONS:

1. Brown sausage in a skillet on medium high heat for about 10 minutes. Once cooked through, transfer to a paper towel lined plate.
2. On medium heat, add sweet potatoes and Brussels sprouts to the same skillet. Cover and cook for 5 minutes then uncover and cook for another 5 minutes, stirring occasionally. If veggies begin to stick, add more olive oil to the skillet.
3. Add the peppers, onion, and garlic and cook uncovered for 8 - 10 minutes
4. Stir in cooked sausage, heat through, and serve.

Nutrition Facts	
Serving Size 1/2 cup (165g)	
Servings Per Container 6	
Amount Per Serving	
Calories 220	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 350mg	15%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 8g	
Vitamin A 90%	• Vitamin C 90%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
 (907) 631-7630
 southcentralfoundation.com

Source: therealfoodrds.com

