

Potato Cauliflower Hash

PREP TIME 5 MIN | COOK TIME: 15 MIN | SERVINGS: 2

INGREDIENTS:

- 2 large potatoes, diced
- 1/2 onion, diced
- 1/2 head cauliflower, chopped small
- 2-3 Tbsp canola oil
- Salt & pepper, to taste
- 2 tsp dried oregano*
- 1 tsp garlic powder
- 2 cabbage leaves (for serving - optional)
- 2-3 springs parsley, chopped (optional garnish)

RECIPE NOTES:

*Can use Italian seasoning blend in place of dried oregano

Add in canned beans, eggs, crumbled tofu, or chopped sausage to make it more filling!

Add in other veggies you like for added fiber!

DIRECTIONS:

1. Wash and cut potatoes, onion, & cauliflower.
2. Heat oil in a pan over medium-high heat. Once heated, add onion and sauté 1-2 minutes until onions become translucent.
3. Add in diced potatoes and chopped cauliflower. Stir mixture and season with salt, pepper, dried oregano, dried parsley, and garlic powder.
4. Let seasoned mixture cook until potato color appears bright. Once potatoes have colored, add 1/4 cup water and cover pan with a lid to steam potatoes. Cook for another 3-5 minutes.
5. Remove from heat and turn off stove once potatoes appear crispy, golden, and slightly soft/fully cooked.
6. Split hash mixture into 2 portions and serve in cabbage leaves. Garnish with parsley for an extra pop of color!



Recipe adapted from:
themodernnonna.com



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