

*Sweet Potato Asparagus Hash*  
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Servings: 4-6

Prep: 30 mins

|| Cook: 30-40 mins

|| Ready in 1-2 hours

## Ingredients:

- 4 Japanese **sweet potatoes**, peeled and cut into small cubes
- 1 bunch **asparagus**, cut into ½ inch pieces
- 1 yellow or sweet **onion**, finely chopped
- 4-5 cloves of **garlic**, minced
- 1 **egg** per serving, poached or fried
- **Olive oil**
- 1 teaspoon **paprika**
- ½ teaspoon **sage**
- **Salt & pepper**, to taste



## Directions:

1. Preheat oven to 425°.
2. In a mixing bowl combine sweet potato, paprika, a dash of salt and pepper, and enough olive oil to lightly coat. Transfer mix to baking sheet and bake for 15 minutes.
3. Sauté onions with olive oil over medium-low heat for 20 minutes. Add garlic and continue sautéing for 1 more minute.
4. Add asparagus and continuously stir for 5-10 minutes or until asparagus becomes soft.
5. Add potatoes to asparagus/onion pan and continue sautéing for 3-5 more minutes. Sprinkle in sage and additional salt and pepper if desired.
6. When ready to serve, poach or fry an egg to serve on top of hash.