

Summer Squash and Sweet Potato Hash

a recipe from Georgia School Nutrition Division

YIELDS: 4 PREP TIME: 20 minutes

CATEGORY: Side

Ingredients:

- 1 each sweet potato
- 1 each summer squash
- 2 cloves garlic
- 2 tablespoons roasted pepitas
- 1 tablespoon olive oil
- 1 bunch cilantro
- 2 each scallions
- 1 each lime

Steps:

1. Wash and dry the produce.
2. Medium dice the sweet potatoes and summer squash.
3. Peel and rough chop the garlic.
4. Rough chop the cilantro leaves and stems.
5. Cut off and discard the root ends of the scallions. Thinly slice the scallions, separating the green from the white.
6. Quarter the lime.
7. Heat a large sauté pan on medium heat. Add the olive oil.
8. Once the oil is hot, add the sweet potatoes. Cook, without stirring, 3-4 minutes, or until lightly browned and slightly softened.
9. Add the squash and cook, stirring occasionally, 2-3 minutes. Add the garlic and white portion of the scallions and cook 2-3 minutes more.
10. Turn off heat, season with salt and pepper to taste.
11. Garnish with toasted pepitas, cilantro, green tops of scallions and juice from lime wedge.

TOOLS AND EQUIPMENT:

Cutting board, Chef's knife, large sauté pan, rubber spatula.