



# Sweet Potato Hash

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## **Ingredients:**

- 4 cups fresh sweet potato chunks (peeling optional)
- 1 ½ cups zucchini chunks
- 1 eggplant cut into small pieces
- 1 onion cut into small chunks
- 6 ounces of portabella mushroom slices, halved
- 2 tablespoons olive or avocado oil
- 3 tablespoons taco seasoning mix

Salt to taste

## **Instructions:**

1. Preheat oven to 425 degrees F, roast function.
2. Turn on KLRN
3. Coat baking sheet with nonstick spray (or if your husband loathes nonstick spray use aluminum foil, which will end up in a landfill)
4. In a large bowl, combine all the veggies and pour in oil to coat.
5. Sprinkle with taco seasoning. No one will complain if you're heavy handed.
6. Spread out on baking sheet.
7. Roast for 40 minutes or until tender, shaking pan every 15 minutes.

## **Maxx's Version:**

- 2 cups fresh sweet potato chunks (don't bother peeling; he doesn't care)
- 1 cups zucchini chunks
- 1 eggplant cut into small pieces  
(Don't waste good mushrooms on the dog. He doesn't really like them anyway)
- 1 tablespoons olive or avocado oil

**Instructions:**

- Preheat oven to 425 degrees F, roast function.
- Turn on KLRN Passport to find All Creatures Great and Small (our favorite)
- Coat baking sheet with nonstick spray
- In a smaller bowl, combine all the veggies and pour in oil to coat.
- Spread out on baking sheet.
- Roast for 40 minutes or until tender, shaking pan every 15 minutes.
- Let cool, then put in container labeled Maxx