

# Healthy Hash Browns



MENU IDEA: Roast Pork, Healthy Hash Browns, Steamed Broccoli, Whole Wheat Bread, Nonfat Milk

## Ingredients:

- 1 tablespoon vegetable or canola oil
- 4 cups diced Best Baked Potatoes, skins on
- 1 onion, chopped (about 1 cup)
- 1 medium carrot, peeled and chopped into ¼-inch pieces (about ½ cup)
- 2 cloves garlic, minced or ½ teaspoon garlic powder (optional)
- ½ teaspoon salt
- ¼ teaspoon pepper

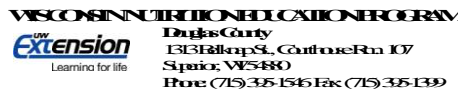
## Directions:

1. Heat the oil in a deep 12-inch skillet over medium heat.
2. When the oil is hot, add the potatoes, onion, carrot, and minced garlic (if using). Cook about 5 minutes or until bottom is golden brown. Flip or stir and continue cooking a few minutes.
3. Season with salt, pepper, and garlic powder (if used).

### Cooking Tips

- You'll need to bake 4 potatoes (about 1½ pounds) for this recipe.
- A non-stick skillet works best. Less oil means fewer calories, but the hash browns won't get as crispy and they may stick to the pan.
- This satisfying comfort food is an inexpensive way to fill up your family.

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