



ABC Potato Hash

Ingredients

- 1 ½ tablespoons extra-virgin olive oil
- 1 cup diced onion
- 4 cloves garlic, minced
- 1 pound russet potatoes, peeled and diced
- ¼ teaspoon freshly ground black pepper
- 1 15-ounce can chickpeas, drained and rinsed
- 1 15-ounce can low-sodium black beans, drained and rinsed
- 1 pound baby asparagus, cut into 1/4-inch pieces
- 1 1/2 teaspoons allspice
- 1 teaspoon za'atar
- 1 teaspoon ground oregano
- 1 teaspoon smoked paprika
- 1 teaspoon ground coriander

Directions

Makes 4 servings

1. In a large skillet, heat oil over medium-high heat. Add onion, garlic, potatoes and black pepper. Stir. Cook for 5 to 7 minutes, stirring often, until potatoes are tender and slightly browned.
2. Add chickpeas, beans, asparagus and spices. Stir. Cook for 5 to 7 minutes, stirring often. Enjoy warm!



MAIN DISH



TIP

Za'atar is a Middle Eastern spice blend commonly used in roasted and sauteed vegetables, breads and meats. If you don't have any on hand, you can use a Italian seasoning instead. (It contains many of the same ingredients.)

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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Nutrition Facts

Serving Size 1 1/4 cup (483g)
Servings Per Container 4

Amount Per Serving	
Calories 430	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 71g	24%
Dietary Fiber 19g	76%
Sugars 9g	
Protein 19g	
Vitamin A 20% • Vitamin C 30%	
Calcium 15% • Iron 40%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Carb choices per serving: 4 ½