



# Market Basket *of the month*

## January Recipes

### Sweet Potato Hash with Egg

Makes 4 servings

#### Ingredients

- 2 large sweet potatoes, cubed (about 4 cups)
- 1 cup water
- 1 teaspoon vegetable oil
- 1 teaspoon vegetable oil (for cooking eggs)
- 1 small yellow onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 4 large eggs

#### Directions:

1. Place water and sweet potatoes into skillet; bring to a boil.
2. Once boiling, reduce to low heat, cook for 20 minutes occasionally stirring until water is gone.
3. Add oil, onion, bell pepper, and garlic to the skillet. Cook for 20 minutes until potatoes are soft and onions are lightly browned.
4. Equally separate the mixture between 4 plates.
5. Heat skillet to medium-high heat. Once skillet is hot, add 1 teaspoon oil.
6. Cook eggs (scrambled or fried) for 3-5 minutes.
7. Divide cooked eggs into servings and add to hash on serving plates.

Source: Adapted from ChooseMyPlate.gov



### Orange Sweet Potato Pork Chops

Makes 4 servings

#### Ingredients

- Cooking spray
- Oil
- 4 boneless pork loin chops
- 2 sweet potatoes (peeled)
- 1 orange (sliced)
- ¼ tsp. cinnamon
- ¼ tsp. salt (optional)
- ¼ tsp. black pepper (optional)

#### Directions:

1. Preheat oven to 350 degrees.
2. In a medium skillet, brown pork chops in a small amount of oil.
3. Cut sweet potatoes into 1/2-inch slices.
4. Spray a baking dish with nonstick spray. Place sweet potato slices in the baking dish and sprinkle with cinnamon. Add pork and sprinkle with salt and pepper. Top with orange slices.
5. Cover and bake for 1 hour until meat is tender. Pork is safely cooked when it has been heated to 145 degrees F, followed by a 3-minute rest.

Source: Mississippi State Extension

**Market Basket of the Month** is a WellSpan Community Health & Wellness initiative. To view monthly newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)

