

Turkey-Sweet Potato Hash

By Michelle Stern of [What's Cooking](#)

Eating in season makes for a smaller grocery bill and fresher flavors. This tasty recipe is an ideal use of some of our favorite winter ingredients: sweet potatoes and apples. It can be served as the main course for brunch or for dinner with a simple side salad. It's also an ideal way to transform leftover turkey into a brand new meal. This version brings together traditional holiday flavors in a satisfying new dish. Don't forget to Call The Kids into the kitchen to help!

- 2 medium sweet potatoes, peeled and cut into 1/2-inch pieces
 - 1 medium apple, washed, cored, and cut into 1/2-inch pieces
 - 1/2 cup reduced-fat sour cream
 - 1 tsp lemon juice
 - 1 Tbs canola oil
 - 1 medium onion, chopped
 - 3 cups turkey or chicken, skinless, cooked, diced
 - 1 Tbs thyme, fresh, chopped (or 1 teaspoon dried)
 - 1/2 tsp salt, or to taste
 - Pepper, freshly ground
1. Place sweet potatoes in a medium saucepan, cover with lightly salted water and bring to a boil. Reduce heat to medium, cover and cook for 3 minutes. Add apple and cook until everything is just tender, but not mushy, 2 to 3 minutes longer. Drain.
 2. Transfer 1 cup of the mixture to a large bowl; mash. Stir in sour cream and lemon juice. Add the remaining un-mashed mixture and stir gently to mix. Set aside.
 3. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add turkey (or chicken), thyme, salt and pepper; cook, stirring occasionally, until heated through, about 2 minutes.
 4. Add the reserved sweet potato mixture to the skillet; stir to mix. Press on the hash with a wide metal spatula; cook until the bottom is lightly browned, about 3 minutes. Cut the hash into several rough sections; flip and cook until the undersides are browned, about 3 minutes longer. Serve immediately.

Servings: 6

Call The Kids:

- Wash apple
- Measure sour cream, herbs and canola oil
- Juice lemon
- Tear or dice turkey with a child safe knife
- Measure turkey
- Mash 1 cup apple mixture with a potato masher or if cooled, with clean hands