

SWEET POTATO, APPLE & CHICKPEA SKILLET HASH



Start your morning or end your day with this colorful, warm, and savory one-pot meal. This dish provides a depth of flavor and is a good source of plant-based calcium, magnesium, and potassium to help keep blood pressure in check. It's also an excellent source of fiber to help keep blood sugars steady.

INGREDIENTS

Serves 4

- 1 large, unpeeled sweet potato, medium dice 🌱
- 2 unpeeled apples, medium dice (use your favorite apples) 🌱
- 1 medium onion, small dice (red, white, or yellow onion) 🌱
- 1 bunch kale, rib removed, washed, dried, and torn 🌱
- 2 large cloves garlic, minced 🌱
- 2 teaspoons olive or canola oil
- ¾ cup water
- 1, 15-ounce can chickpeas (garbanzo beans), drained and rinsed
- ¼ teaspoon salt (we recommend kosher salt)
- ¼ teaspoon ground black pepper

🌱 Items are DUO-eligible for those who qualify.

DIRECTIONS

1. Heat oil in a large skillet over medium-high heat.
2. Add sweet potatoes and apples and cook until they begin to brown, about 5–7 minutes.
3. Add onions and garlic. Sauté until onions turn translucent.
4. Next, add water, chickpeas, salt, and pepper. Cook, scraping up any browned bits, until liquid has mostly evaporated, about 3–5 minutes.
5. Stir in torn kale and cook until kale is bright green and beginning to get tender, about 2–4 minutes. For softer kale, cook for a few minutes longer.
6. Divide mixture into 4 servings and serve immediately.



TIP: Leftover portions can be refrigerated for 3-5 days to enjoy again later in the week.

Nutrients per serving: 240 calories, 5 g total fat (0 g saturated), 43 g total carbohydrates (11 g dietary fiber), 8 g protein, 201 mg sodium, 643 mg potassium, 190 mg calcium, 65 mg magnesium



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Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit www.doubleupoklahoma.org to find a DUO-participating farmers market or grocery store location near you.



This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

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