

# SWEET POTATO *Breakfast Hash*

**\$2.50**  
*per serving*

**30** MINUTES  
OR LESS

**9 INGREDIENTS**

*Buy Local!*

- 8 ounces extra firm tofu
- 2 small or 1 large sweet potato, chopped into large bites, skin on (organic when possible)
- 2 Tbsp melted coconut oil, divided
- 3 1/4 tsp tandoori masala spice, divided
- 1 tsp coconut sugar
- 1/2 tsp each sea salt + black pepper, divided
- 1 red onion, skin and tops removed, then sliced into wedges lengthwise
- 2 Tbsp fresh parsley, plus more for serving
- 1/8 tsp ground turmeric
- 1 large bundle kale, chopped, large stems removed



\*highlighted ingredients can be bought at the market!



**URBANA'S**  
**MARKET AT**  
**THE SQUARE**

Watch us cook each recipe  
LIVE every Thursday at  
4:00pm on CiLiving!  
Tune in on Channel 3



# HOW TO: SWEET POTATO BREAKFAST HASH

1. Preheat oven to 400 degrees F, and wrap tofu in a clean towel and set something heavy on top (such as a cast iron skillet) to press out excess moisture.
2. In the meantime, season sweet potatoes with 1/2 Tbsp oil, 1 tsp tandoori masala spice, coconut sugar, and a pinch each salt and pepper. Toss to coat.
3. Season onion with 1/2 Tbsp oil, 1/4 tsp tandoori spice, and a pinch each salt and pepper. Toss to coat.
4. Bake onions and potatoes for a total of 25-35 minutes, flipping once near the halfway point to ensure even cooking. You'll know they're done when the onions are brown and caramelized, and the sweet potatoes are fork tender. Remove from oven and set aside.
5. While vegetables are roasting, place pressed tofu in a bowl and use two forks to crumble into small pieces. Season with fresh parsley, turmeric, and a healthy pinch each salt and pepper. Set aside.
6. Once the potatoes and onions are almost done cooking, heat a large skillet over medium-high heat. Once hot, add 1/2 Tbsp oil, tofu, and 1 tsp tandoori masala spice. Sauté for 5 minutes, stirring occasionally, to dry and brown the tofu. Then remove from skillet and set aside.
7. Add remaining 1/2 Tbsp oil to the skillet and add kale. Season with a healthy pinch each salt and pepper, 1 tsp tandoori masala spice blend, and toss to coat. Sauté, stirring frequently, to brown and wilt the kale.
8. Push kale to one side of the pan and add tofu back in to warm. Turn off heat but keep over burner. To serve, divide the kale between 2 (or 3) serving plates, top with roasted sweet potatoes and onion, then tofu. Sprinkle with remaining chopped parsley and enjoy. For extra flavor, season with hot sauce and serve with a generous spoonful of hummus (optional).

## *why is it healthy?*

### KALE

Kale is rich in vitamins. Including Folate, a B vitamin that's key for brain development. It also has more vitamin C than an orange!

### TOFU

Tofu is a great source of protein and contains all eight essential amino acids, it is also a great source of iron and calcium.

### SWEET POTATO

Sweet Potatoes are a filling high fiber addition to any meal. Sweet and satisfying, sweet potatoes are also high in Vitamin A!

This recipe is from **Minimalist Baker**

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/roasted-sweet-potato-kale-breakfast-hash/>

FAST • HEALTHY • AFFORDABLE • SIMPLE

Design by Creative Health  
[eatcreative.org](http://eatcreative.org)

