



Tex-Mex Hash Browns

Yield: 4 servings

Ingredients

- 2 pounds grated Russet potatoes*
 - ½ teaspoon onion powder
 - 1 teaspoon garlic powder
 - ½ teaspoon kosher salt
 - ½ teaspoon ground black pepper
 - 1 cup diced onion
 - 1 (15.5 ounce) can pinto beans, drained
 - 1 cup frozen corn
 - 2 teaspoons chili powder
 - 1 teaspoon ground cumin
 - 2 cups chopped spinach
 - ½ cup salsa
 - 1 avocado, cut into thin slices
- *Squeeze off excess water from grated potatoes

Instructions:

1. Heat oven to 400 degrees and line a baking sheet with parchment paper.
2. Spread potato shreds onto baking sheet, making sure not to pile them too high. Sprinkle with onion powder, garlic powder, salt, and black pepper.
3. Bake for 15 minutes until the potatoes are brown and crispy. Flip potatoes, and bake for another 10 minutes until crisp and brown on the second side.
4. While hash browns are baking, heat a skillet over medium to high heat. Add 2 tablespoons of water along with the onion. Saute the onion until it softens, about 5 minutes.
5. Add the beans, corn, chili powder, and cumin. Continue cooking, stirring frequently, until mixture is heated throughout.
6. As soon as the hash browns come out of the oven, sprinkle with spinach, bean mixture, salsa, and top with avocado.

Nutrition Information

Serving Size: ¼ recipe
 Calories: 356
 Total Fat: 7.2 g
 Saturated Fat: 1.0 g
 Monounsaturated Fat: 3.6 g
 Sodium: 552.0 mg
 Total Carbohydrate: 63.6 g
 Dietary Fiber: 12.4 g
 Sugars: 4.5 g
 Protein: 13.5 g

Source: Adapted from Lighter

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