

homey chicken hash

Serves: 4

Prep and Cook time: 20 min

Per serving: 395 calories, 18 g fat, 257 mg sodium

1 TBS vegetable oil

Salt and black pepper to taste

1 cup (4 oz) shredded Cheddar cheese

2 medium-size carrots (1 cup sliced)

4 cups diced cooked potatoes (See Kitchen Tips)

2 cups cooked chicken chunks (See Kitchen Tips)

1 small onion (1/2 cup chopped)

Ketchup, for serving (optional)

1. Heat the oil in an extra-deep 12-inch skillet over medium. Peel and coarsely chop the onion. Then, add the onion to the pan. Peel and cut the carrots into 1/4 inch slices and add them to the pan. Cook until the onion begins to brown on the edges, 3 to 5 minutes.
2. Add the potatoes to the skillet. Cook, stirring, until brown, 5 to 7 minutes. (If using refrigerated diced potatoes, cook longer if necessary, until tender.) Add the chicken and stir well to break up any pieces. Cook until the chicken is heated through, 2-3 minutes. Or, use the meat from a rotisserie chicken or other leftovers.
3. Season the hash liberally with salt and black pepper. Sprinkle the cheese over the hash and cover the skillet. Remove the skillet from the heat and set it aside until the cheese has melted, about 2 minutes. Serve at once, with ketchup, if desired.

Kitchen Tips: For the potatoes, you can boil 1 pound of diced peeled raw potatoes until tender, about 10 minutes. Drain well and proceed with the recipe. Or use 1 package (1 pound, 4 oz) refrigerated diced potatoes with onion, such as the Simply Potatoes brand. For the chicken, you can cut 1 lb. skinless, boneless chicken breast into bite-sized chunks and sauté in 1 TBS vegetable oil until

