

Sweet Potato Hash Browns (Good on days 1, 2, 3, 4, 8, 9, 10)

(Serves 4)

- 3 medium sweet potatoes, peeled and chopped into small pieces**
- 1 medium onion, finely chopped**
- 3 tbsp canola oil**
- 2 cloves garlic, finely chopped**
- Salt & pepper to taste**

1. Heat oil in skillet. Add onion and sauté for 2 to 3 minutes.
2. Add potatoes and stir to combine. Cook over medium heat for about 10 minutes, turning potatoes often. Stir in garlic. Cook potatoes for about 15 to 20 minutes in all, or until they are soft. Season with salt and pepper.