



MAPLE BACON SWEET POTATO HASH

December 17

National Maple Syrup Day

INGREDIENTS

- 1 Pound Bacon (diced)
- 4 Cups Sweet Potatoes (cut into ½-inch cubes, from 2-3 medium sweet potatoes)
- ½ Teaspoon Cinnamon
- 1-2 Tablespoons Maple Syrup

DIRECTIONS

1. Add the bacon to a large skillet and turn the heat onto medium.
2. Cook the bacon, stirring occasionally, until it's done through and just beginning to get crispy , about 10-15 minutes depending on the thickness of the bacon.
3. Using a slotted spoon, remove the bacon to a paper-towel lined plate and set aside.
4. Carefully drain all but 2 tablespoons of the bacon grease out of the skillet and return to the stove top.
5. Add the diced sweet potatoes to the skillet and sprinkle with the cinnamon.
6. Cook the sweet potatoes for 10-15 minutes, stirring frequently, or until they are fork tender.
7. Mix the cooked bacon back into the sweet potatoes and drizzle the maple syrup over the top.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

3 Cups

PORTION SIZES

| Toddler | Preschool | School Age | Adult |
|---------|-----------|------------|-------|
| ¼ Cup | ¼ Cup | ½ Cup | ½ Cup |