



Lentil and Sweet Potato Hash

This is a very quick vegetarian friendly meal to throw together and is packed with nutrients. Lentils are a member of the legume family and are high in fibre and a ton of vitamins and minerals, including folate, iron and magnesium. Unlike other legumes, such as dried chickpeas or black beans, dried lentils do not need to be soaked before cooking, reducing their cooking time.

Prep: 10 minutes • Total: 25 minutes

Ingredients:

Sweet potato	1 medium	1 medium
Lentils, canned	1 cup	250 mL
Yellow onion	1 small	1 small
Olive oil	2 Tbsp	30 mL

Directions:

1. Finely dice sweet potato and onion.
2. Heat oil in a large skillet.
3. Add onions and stir until they begin to soften, about 2-3 minutes.
4. Add in the sweet potatoes, season with pepper.
5. Cook until sweet potatoes for about 5 minutes (they may still be a little firm) and then add the lentils cook an additional 3-5 minutes until the sweet potatoes are cooked through and lentils are warm.

Nutrition Facts

Serving Size (135g)		Servings Per Container	
Amount Per Serving			
Calories 170	Calories from Fat 60		
% Daily Value*			
Total Fat 7g	11%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 20mg	1%		
Total Carbohydrate 23g	8%		
Dietary Fiber 4g	16%		
Sugars 6g			
Protein 6g			
Vitamin A 0%	• Vitamin C 20%		
Calcium 4%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from:
NutritionRx in partnership with
Chef Lindsay Sferrazza

Makes 4 servings (135 g / serving) • 1 serving = 1 cup

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