Kathryn's Kitchen Recipe from Segment #42, January 2020
Shannon Hodgen’s Sweet Potato Breakfast Hash

Shannon Hodgen, a culinary therapist, based in Bend, Oregon, joined me on Kathryn's Kitchen to talk about her work with families which combines psychotherapy and cooking. Shannon is a psychotherapist and a graduate of Central Oregon Community College’s Culinary Institute. If you are interested in her work as a therapist, contact her at shodgen@thechildcenter.org. Shannon's conversation with me first aired on KPOV’s The Point Friday, January 3, 2020.

Shannon ended her time on Kathryn's Kitchen by sharing her recipe for Sweet Potato Breakfast Hash.

My conversation with Shannon and this recipe are also available as a podcast at KPOV.org – programming – local shows and archives – Kathryn's Kitchen – Kathryn's Kitchen podcast.

SWEET POTATO BREAKFAST HASH

Ingredients: Vary amounts to accommodate number of people being fed.
1 roasted sweet potato diced (Shannon roasts sweet potatoes to have on hand. Pre-heat oven to 400 degrees Fahrenheit. Scrub sweet potatoes. Rub each potato with olive oil. Poke a few holes in each. Roast on baking sheet for approximately 45 minutes or until soft. Cool. Refrigerate.)
Diced onion
Olive oil
Sausage or left over meat or poultry
Salsa
Greens of your choice: examples include kale, broccoli, brocollini, spinach
1 egg for each person

Directions:
Heat olive oil in saute pan large enough to accommodate hash. Add onion. Saute until soft. Add diced sweet potato. Saute until heated through. Add sausage or left over meat or poultry. Saute until thoroughly cooked or heated through. Add greens of your choice. Saute until wilted or cooked through. Add salsa to taste.

Poach or fry one egg per person. Divide hash into bowls or onto plates. Top with egg.

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