



## ASHLEY'S MEAL PREP MONDAY

CARTWRIGHT'S  
MARKET

### SWEET POTATO HASH

The best part about this, is that it can be done on one sheet pan!

Pre heat oven to 400 and line a cookie sheet with tin foil

Dice up the sweet potatoes and throw on cookie sheet. Cut up the onion to whatever size you prefer and add on top of sweet potatoes. Chop up the apple (I prefer to use Honeycrisp - I just like them best) add to the sheet. Slice the turkey bacon and throw on the top of the rest of the goods

Drop several globs of coconut oil on top of the hash and season with nutmeg and cinnamon

**Bake 25-30 minutes - take out halfway through and mix together. Feel free to add in more spices if necessary**

2-4 large sweet potatoes (diced)  
1/2 an onion (sliced)  
1 apple (chopped)  
5-7 slices of turkey bacon  
several globs of coconut oil  
for the sweeter side: season w/  
nutmeg and cinnamon  
for savory, use whatever sounds good to YOU!

I tend to go for sweeter, and will drizzle maple syrup after removing from oven