

## RED FLANNEL HASH

Try this colorful hash alongside roasted chicken—or top it with a fried egg or two.

**ACTIVE:** 35 MINUTES

**TOTAL:** 35 MINUTES

 HIGH FIBER

 DAIRY FREE

 VEGETARIAN

 VEGAN

 GLUTEN FREE

2 cups diced peeled beets (½-inch; about 2 medium)

2 cups diced russet potatoes (½-inch)

2 tablespoons extra-virgin olive oil, divided

1 cup diced fennel bulb plus ¼ cup chopped fronds for garnish

1 cup diced shallots

1 large clove garlic, minced

½ teaspoon salt

¼ teaspoon ground pepper

**1.** Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and steam for 4 minutes. Add potatoes, cover and steam until just tender, 5 to 7 minutes more.

**2.** Heat 1 tablespoon oil in a large cast-iron or nonstick skillet over medium heat. Add diced fennel and shallots; cook, stirring occasionally, until softened, 4 to 6 minutes. Add the remaining 1 tablespoon oil and the steamed vegetables; cook, stirring occasionally, until the vegetables are starting to brown, 4 to 6 minutes. Add garlic and cook, stirring, for 1 minute. Stir in salt and pepper and fennel fronds, if using.

**SERVES 4:** 1 CUP EACH

**Calories** 189, **Fat** 7g (sat 1g), **Cholesterol** 0mg, **Carbs** 29g, **Total sugars** 8g (added 0g), **Protein** 4g, **Fiber** 5g, **Sodium** 364mg, **Potassium** 762mg.