



Potato and Autumn Vegetable Hash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 6 inch baby beets with green tops attached (1 bunch)
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- ☐ 0.3 cup butter cut into 1/2-inch cubes ()
- ☐ 2 pound butternut squash peeled halved seeded cut into 1/2-inch cubes (4 cups)
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 tablespoon parsley fresh italian chopped

- ☐ 1.5 pounds baking potatoes peeled cut into 1/2-inch cubes (3 cups)
- ☐ 1 pound cubes red-skinned sweet potato peeled cut into 1/2-inch cubes (2 cups) (red-skinned sweet potatoes)

Equipment

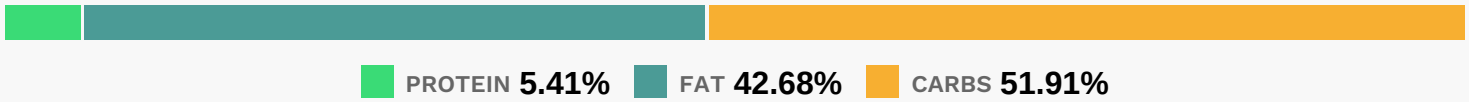
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Whisk all ingredients in small bowl. DO AHEAD: Can be made 4 days ahead. Cover and chill. Bring to room temperature and rewhisk before using.
- ☐ Preheat oven to 350°F.
- ☐ Cut greens and stems off all beets; discard stems. Coarsely chop enough beet greens to measure 4 loosely packed cups. Bring medium saucepan of salted water to boil.
- ☐ Add greens and cook just until wilted, about 1 minute.
- ☐ Drain well. Set aside. Scrub beets; place in 8x8x2-inch glass baking dish.
- ☐ Pour half of herb oil over beets; sprinkle with salt and pepper. Cover baking dish with foil and roast beets until tender when pierced with small sharp knife, about 1 hour.
- ☐ Remove from oven and let beets stand until cool enough to handle. Peel beets; cut into 1/2-inch pieces and reserve. DO AHEAD: Beet greens and beets can be made 1 day ahead. Cover separately and chill.
- ☐ Increase oven temperature to 375°F.
- ☐ Combine squash, potatoes, and yams in large bowl.

- ☐ Add remaining herb oil andtoss to coat.
- ☐ Sprinkle generously with saltand pepper.
- ☐ Spread vegetable mixtureevenly on large rimmed baking sheet. Roastuntil vegetables are tender when piercedwith knife and lightly browned aroundedges, stirring and turning vegetablesoccasionally, about 50 minutes. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let standuncovered at room temperature. Rewarmin 350°F oven until heated through, about15 minutes.
- ☐ Stir beets and beet greens into roastedvegetables; dot with butter cubes andcontinue to roast just until beets areheated through, 5 to 10 minutes.
- ☐ Transervegetable mixture to large bowl and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:37.47, Glycemic Load:12.27, Inflammation Score:-10, Nutrition Score:19.64695654032%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 303.47kcal (15.17%), Fat: 15.07g (23.19%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 41.25g (13.75%), Net Carbohydrates: 35.58g (12.94%), Sugar: 6.99g (7.76%), Cholesterol: 15.25mg (5.08%), Sodium: 78.47mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin A: 23190.08IU (463.8%), Vitamin C: 40.69mg (49.33%), Manganese: 0.69mg (34.57%), Vitamin B6: 0.64mg (32.04%), Potassium: 1049.62mg (29.99%), Vitamin E: 3.62mg (24.16%), Fiber: 5.67g (22.67%), Vitamin K: 22.09µg (21.04%), Magnesium: 76.61mg (19.15%), Vitamin B1: 0.25mg (16.46%), Vitamin B3: 3.14mg (15.69%), Copper: 0.27mg (13.44%), Folate: 52.81µg (13.2%), Iron: 2.28mg (12.65%), Vitamin B5: 1.23mg (12.34%), Phosphorus: 119.42mg (11.94%), Calcium: 100.9mg (10.09%), Vitamin B2: 0.12mg (7%), Zinc: 0.64mg (4.28%), Selenium: 1.15µg (1.64%)