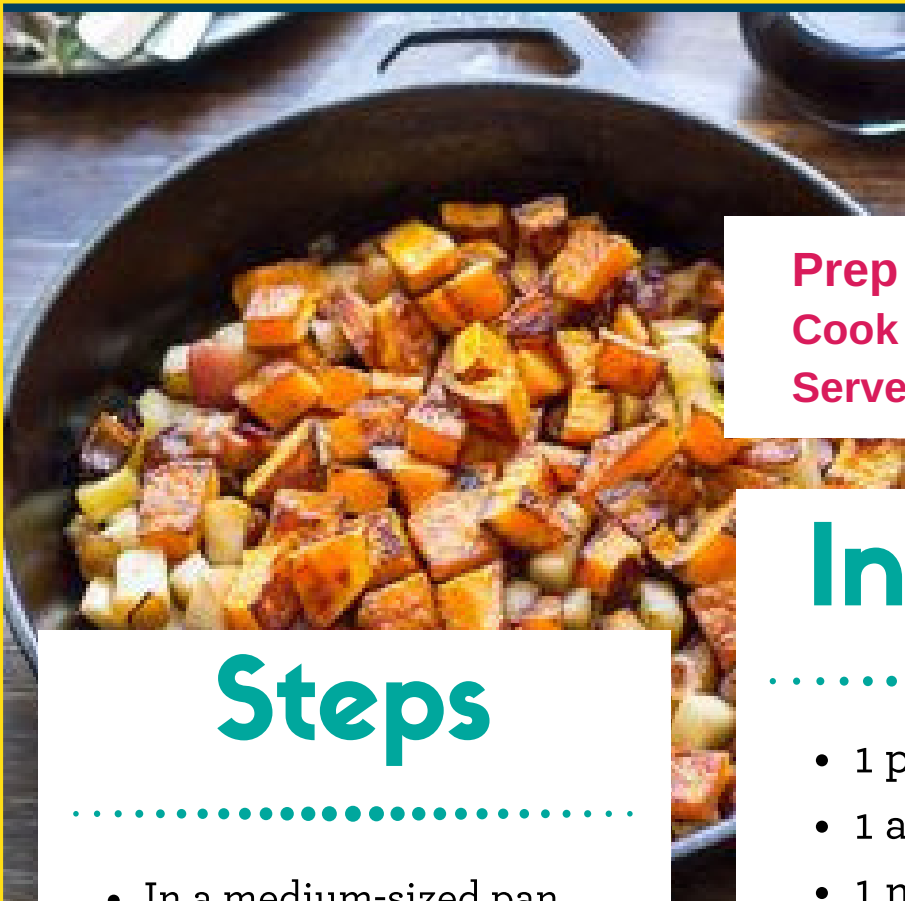


RECIPE

NOVEMBER



HARVEST HASH



Prep Time: 10 minutes
Cook Time: 20 minutes
Serves: 2-3 people

Steps

- In a medium-sized pan, melt butter and spread around the pan.
- Add diced apples, pears, and sweet potatoes. Saute' and stir well.
- Add brown sugar and cinnamon and continue stirring.
- Add a pinch of nutmeg, lemon juice, and dry parsley. Stir.
- Add a pinch of salt and serve!

Ingredients

- 1 pear (medium Diced)
- 1 apple (medium Diced)
- 1 medium-sized sweet potato (medium diced, boiled "al-dente")
- ½ tablespoon, unsalted butter
- ½ tablespoon brown sugar (optional) substitute for honey
- ½ tablespoon cinnamon
- ½ teaspoon, dry parsley
- pinch of salt
- pinch of nutmeg
- 1 teaspoon lemon juice