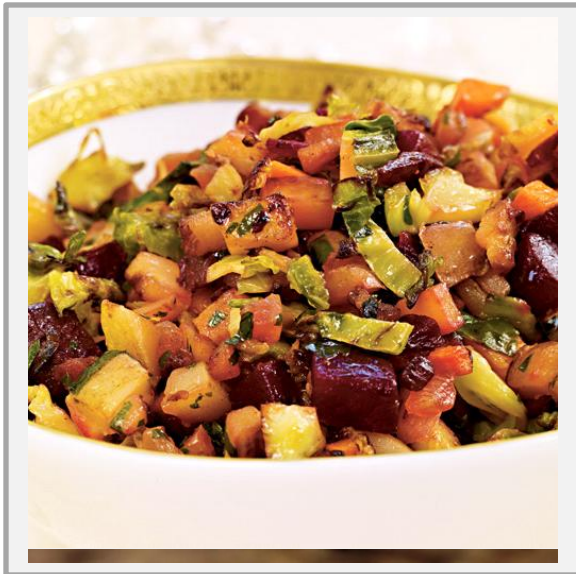


Red Flannel Hash

Makes: 8 servings



Total Time: 1 hour 20 minutes

Ingredients:

- 4 oz. Wegmans Applewood Smoked Bacon, ¼ inch dice
- 3 cloves garlic, minced
- 1 sweet onion, peeled, ¼ inch dice
- ½ pound parsnips, trimmed, peeled, ¼ inch dice
- 1 pkg. (8 oz.) Food You Feel Good About Cleaned & Cut Brussels Sprouts, sliced thinly into rounds
- 2 Food You Feel Good About Organic Carrots, trimmed, peeled, ¼ inch dice
- 12 oz. Wegmans Fingerling Potatoes, ¼ inch dice
- 1 pkg. (0.25 oz.) Food You Feel Good About Italian Flat Leaf Parsley, chopped
- Salt and pepper to taste

PREPARATION

1. Heat sauté pan on medium; add bacon. Cook, stirring, 5 min. Add garlic and onion; cook, stirring, 3 min.
2. Add parsnips, beets, Brussels sprouts, carrots, and potatoes. Increase heat to medium-high. Season with salt and pepper; stir mixture to blend well. Press down with spoon; cook, without stirring, 5 min. Stir from the bottom, bringing caramelized bits to the top; press down with spoon. Cook 35-45 min., stirring up from the bottom and pressing mixture down with spoon every 5 min. (reduce heat if hash begins to over-brown).
3. Fold in parsley; cook 3 min. Season to taste with salt and pepper.

Nutrition: 150 Calories; 6g fat (2g saturated fat); 10mg cholesterol; 20g carbohydrates; 6g protein; 4g fiber; 140mg sodium