

February Produce Guide

February is a great month for in season fruits and vegetables. Some of those include:

- Arugula
- Avocado
- Beets
- Broccoli
- Brussels sprouts
- Butternut squash
- Cabbage
- Carrots
- Celery
- Kale
- Mushrooms
- Potatoes
- Spinach
- Sweet potato



Sweet Potato Hash

Makes 2 servings. Cook time: 40 minutes.

- ¾ cup cubed sweet potato
- 1 tablespoon olive oil
- ½ cup crumbled sausage
- ½ cup chopped red pepper
- 4 eggs
- 1/8 teaspoon salt
- 1/8 teaspoons black pepper
- 1/8 teaspoon garlic powder

Toppings (optional):

- ¼ cup shredded Cheddar cheese
- ¼ cup chopped onion
- ½ avocado

Instructions:

- 1) Roast cubed sweet potato in oven heated to 350 F for 30 minutes.
- 2) Heat olive oil in a large skillet. Add roasted sweet potato, crumbled sausage, chopped onions, and red pepper. Stir occasionally and let cook for 5-10 minutes until ingredients are browned.
- 3) In a separate skillet, scramble eggs. Add to large skillet. Then add garlic powder, salt, and pepper to mixture.

- 4) Serve warm topped with optional toppings (cheddar cheese, onion, and avocado).