

Cast Iron Skillet Turkey and Potato Hash

*Eddie Hernandez
Atlanta Journal Constitution*

Yield: 6 cups

*4 teaspoons unsalted butter, divided
4 cups potatoes, cut into 1/4-inch
cubes
1/4 cup yellow onion, chopped
1 small jalapeno pepper, stem
removed, seeds removed and minced
1 clove garlic, minced
1 cup fresh tomatoes, chopped
2 cups cooked turkey, cut into
1/2-inch dice
salt (to taste)
dash pepper (to taste)*

In a skillet, melt two teaspoons of butter. Cook the potatoes until tender. Set aside.

Preheat the oven to 375 degrees.

In a twelve-inch cast iron skillet, melt the remaining two teaspoons of butter. Add the onion, jalapeno and garlic. Saute' until the onions are soft. Stir in the tomatoes. Cook until the tomatoes break down and make a sauce.

Add the cooked potatoes and turkey. Heat for 1 minute. Season to taste with salt and pepper.

Place the skillet into the oven. Heat for 8 minutes.

Serve hot as a side dish.

Per Serving (excluding unknown items): 1149 Calories; 31g Fat (23.9% calories from fat); 97g Protein; 122g Carbohydrate; 13g Dietary Fiber; 254mg Cholesterol; 252mg Sodium. Exchanges: 7 Grain(Starch); 11 1/2 Lean Meat; 2 1/2 Vegetable; 3 Fat.