

Creamy Chicken Hash

Makes: 4 servings

This dish combines flavorful vegetables with chicken and seasonings to make a tasty lunch or dinner main dish.

Ingredients

- 1 russet potato (scrubbed, medium 6 ounce)
- 2 **tablespoons** butter (or canola oil, divided)
- 1/2 onion (small, finely chopped)
- 1/4 **cup** green bell pepper (finely chopped)
- 1/4 **cup** red bell pepper (finely chopped)
- 1/4 **cup** celery (finely chopped)
- 1 garlic clove (small, finely chopped)
- canola cooking spray
- 2 **cups** skinless cooked chicken breast (diced)
- 2 **tablespoons** milk, 2%
- cayenne pepper (pinch of, or to taste)
- salt (and freshly ground black pepper, to taste)
- 4 **tablespoons** barbecue sauce (prepared)

Directions

1. Shred the potato and set aside. (It will darken in color, but this will not affect hash.)
2. Heat 1 tbsp. butter or oil in a medium/large non-stick skillet. Add onion, bell peppers, celery and garlic. Sauté until lightly browned, 5 minutes. Push vegetables to one side of pan. Add remaining butter or oil. Add potatoes and mix with oil to coat them. Mix and combine well with the vegetables. Cook 3 minutes. If potatoes stick, scrape pan vigorously and move contents around pan to spray the bottom with cooking spray.
3. Mix in chicken, milk, cayenne, salt and pepper. Spread and flatten out the mixture into a thick cake. Use the edge

Nutrition Information

Nutrients	Amount
Calories	250
Total Fat	8 g
Saturated Fat	5 g
Cholesterol	75 mg
Sodium	270 mg
Total Carbohydrate	18 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	23 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

of a pancake turner to cut it into 4 sections. (Or, hash can be broken into rough pieces while cooking.) Cover the pan. Cook until potatoes are tender and hash is lightly browned, 3 to 5 minutes, turning so bottom sides can also brown. (Spray pan with oil spray if necessary while turning hash.)

4. When hash is done, divide equally among four plates. Serve with barbecue sauce drizzled on top or around each portion. (If desired, sauce can first be thinned, by mixing 4 tablespoons sauce with 4 tablespoons milk.)

American Institute for Cancer Research, Recipe Corner