

Butternut Squash & Brussels Sprout Hash

with Chestnuts, Apple, Goat Cheese & Crispy Sage

It's gourmet breakfast for dinner. Named for the French verb "hacher," or "to chop," hash has been eaten in the United States for more than one hundred years. In the 19th Century, "hash houses" used to serve up their favorite spins on this classic, usually featuring potatoes and onions, "chopped" and cooked together. In this dish, we're mixing it up by using delicate fingerlings, Brussels sprouts, butternut squash and nutty, hearty quinoa.



Ingredients

- ½ Cup Red Quinoa
- 1 Granny Smith Apple
- 1 Pound Butternut Squash
- 1 Red Onion
- ½ Pound Fingerling Potatoes
- ¼ Pound Brussels Sprouts
- ¼ Pound Maitake Mushrooms
- 1 Bunch Sage

Knick Knacks

- ½ Cup Crumbled Goat Cheese
- 1 Tablespoon Apple Cider Vinegar
- ⅓ Cup Roasted, Peeled Chestnuts

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Core and medium dice the apple; toss with a **splash of the vinegar** to prevent browning. Halve the squash lengthwise; scoop out and discard the seeds. Using a sturdy knife, peel the squash; discard the peel. Medium dice the squash. Peel the onion. Medium dice the onion and potatoes. Cut off and discard the root ends of the Brussels sprouts; quarter the heads. Cut off and discard the root ends of the mushrooms; cut the mushrooms into bite-sized pieces. Pick the sage leaves off the stems; discard the stems. Roughly chop the chestnuts.

2



Cook the potatoes:

Once the pot of water is boiling, add the **potatoes**. Cook 4 to 6 minutes, or until tender when pierced with a fork. Using a slotted spoon or strainer, transfer the cooked potatoes to a small bowl and set aside, leaving the boiling water in the pot.

3



Fry the sage leaves:

While the potatoes cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **sage leaves** in a single, even layer; cook 30 seconds to 1 minute per side, or until dark green and crispy. Transfer to a paper towel-lined plate and season with salt and pepper, leaving any oil in the pan.

4



Cook the quinoa:

Add the **quinoa** to the same pot of boiling water used to cook the potatoes. Cook 18 to 20 minutes, or until tender and cooked through. Drain thoroughly and set aside.

5



Start the hash:

While the quinoa cooks, heat the pan of **reserved sage oil** on medium-high until hot. (If the pan seems dry, add an additional teaspoon of olive oil.) Add the **maitake mushrooms**; cook, stirring occasionally, 2 to 4 minutes, or until browned. Add the **squash, onion, Brussels sprouts** and **cooked potatoes**; season with salt and pepper. Cook, stirring occasionally, 12 to 14 minutes, or until the vegetables are softened and browned.

6



Finish the hash & plate your dish:

Add the **apple** and **chestnuts** to the pan of hash. Cook, stirring occasionally, 4 to 6 minutes, or until the apples are slightly softened. Add the **cooked quinoa** and **remaining vinegar**; stir until thoroughly combined. Cook 1 to 2 minutes, or until heated through. Remove from heat; season with salt and pepper to taste. To plate your dish, divide the **finished hash** between 2 dishes. Top each with the **goat cheese**. Garnish with the **crispy sage leaves**. Enjoy!