

## TURKEY SWEET POTATO HASH

Since fatigue is sometimes experienced by people living with pancreatic cancer, this easy-to-prepare dish is nutrient dense and a good source of protein and B vitamins, which can help boost energy. In addition, the cooked apple and sweet potato provide fiber that is easily tolerated and full of antioxidants like beta-carotene and quercetin. The ingredients include a variety of appealing textures and flavors of the holiday season! **Yield: 6 servings, 1 ¼ cups each**

### INGREDIENTS

- 2 medium sweet potatoes, peeled and cut into ½-inch pieces
- 1 medium apple, cored and cut into ½-inch pieces (Honeycrisp or Braeburn work wonderfully, although any apple can suit this recipe)
- ½ cup reduced-fat sour cream (may also substitute reduced-fat yogurt)
- 1 tsp. lemon juice
- 1 Tbsp. olive oil
- 1 medium shallot, chopped
- 3 cups diced, cooked, skinless turkey breast (or chicken)
- 1 tsp. dried rosemary (1 Tbsp. fresh, chopped)
- Salt and pepper, to taste

### DIRECTIONS:

1. Place sweet potatoes in a steamer basket and cook for approximately 10 minutes. Add apple and cook until everything is just tender, about 3 minutes longer. Be sure that they are not overly mushy. Drain and set aside.
2. Transfer 1 cup of the mixture to a large bowl; mash. Stir in sour cream and lemon juice. Add the remaining sweet potato/apple mixture and stir gently to mix.
3. Heat oil in a large skillet over medium-high heat. Add shallot until softened, 1 to 2 minutes. Add turkey (or chicken), rosemary, salt and pepper.
4. Stir mixture occasionally and cook until heated through, about 2 minutes.
5. Add the reserved sweet potato apple mixture to the pan. Press on the hash with a wide metal spoon or spatula. Cook hash until the bottom is lightly browned, about 3 minutes.
6. Divide into multiple sections with spatula; flip and cook until the bottom sides are browned, about 2 to 3 minutes.
7. Serve promptly

**Nutritional Data:** 174 calories, 6 grams fat, 2 grams saturated fat, 38 mg cholesterol, 17 grams carbohydrate, 2 grams dietary fiber, 14 grams protein.

The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.

