

Turnip Potato and Swiss Chard Hash

1 lb white turnip
1 lb yellow-fleshed potatoes
4 cups packed chopped
Swiss chard (with stems)
3 tablespoons olive oil
4 oz ham steak cubed
1 onion diced
3 cloves garlic minced
2 teaspoons chopped fresh
thyme
1/2 teaspoon salt
1/4 teaspoon hot pepper
flakes crushed

1. Peel and cut turnip and potatoes into 1/2-inch cubes. In large pot of boiling salted water, cook turnip for 3 minutes. Using slotted spoon, transfer to bowl.
 2. In same pot, cook potatoes for 3 minutes. Using slotted spoon, add to turnip.
 3. In same pot, cook Swiss chard for 1 minute; drain and set aside. In deep 12-inch nonstick skillet, heat 1 tbsp of the oil over medium-high heat; cook ham, stirring often, until browned, 3 to 4 minutes.
 4. Add to turnip mixture. Add remaining oil to pan; cook onion, stirring often, until softened, about 3 minutes.
 5. Add garlic, thyme, salt and hot pepper flakes; cook, stirring occasionally, until onion is light golden, about 3 minutes.
 6. Add turnip mixture; cook, stirring occasionally, until vegetables are tender and edges are crisped, about 12 minutes. Stir in Swiss chard; cook, stirring occasionally, for 3 minutes.
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Nutritional Facts: 1079 Calories, 125 Carbs, 49g Fat, 38g Protein, 1636mg Sodium, 29g Sugar