

Hash Browns O'Brien

PREP 25 minutes COOK 20 minutes

- 1¼ lb. russet potatoes
- ¼ tsp. salt
- ⅛ tsp. ground black pepper
- 1 to 2 Tbsp. olive oil
- 1 Tbsp. butter
- ½ cup chopped red onion (1 medium)
- ½ cup chopped red sweet pepper (1 small)
- ½ cup chopped green sweet pepper (1 small)
- 2 cloves garlic, minced
- 1 Tbsp. snipped fresh sage

1. Peel and coarsely shred potatoes. Place potatoes in a large bowl; add enough water to cover potatoes. Stir well. Drain in a colander set in the sink. Repeat rinsing and draining two or three times until water runs clear. Drain again, pressing out as much water as you can with a rubber spatula. Line a salad spinner with paper towels; add potatoes and spin. Repeat, if necessary, until potatoes are dry. Return potatoes to the large bowl. Sprinkle with salt and black pepper; toss gently to combine.

2. In a 10-inch nonstick skillet* heat 1 tablespoon of the oil and the butter over medium heat until butter foams. Add onion, sweet peppers, and garlic; cook about 5 minutes or until tender, stirring occasionally.

3. Stir in potatoes and sage; spread into an even layer. Gently press with the back of a spatula to form a cake. Cook, without stirring, about 12 minutes or until bottom is golden brown and crisp.

4. Invert a plate over skillet. Carefully invert skillet to transfer potatoes to plate. If necessary, add the remaining 1 tablespoon oil to skillet. Using the plate, slide potatoes back into skillet, uncooked side down. Cook for 8 to 12 minutes more or until bottom is golden brown. **Makes 6 servings.**

***TIP** A skillet with sloping sides works particularly well.

PER SERVING 123 cal., 4 g fat (2 g sat. fat), 5 mg chol., 121 mg sodium, 20 g carb., 2 g fiber, 2 g pro.



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For perfectly browned hash browns, make sure to remove all excess moisture from the shredded potatoes before they go into the skillet.