

DISHING IT UP WITH DANA

Kid Tested, Mother Approved!

Cheesy Potato & Jalapeño Breakfast Hash is easy to make and can be enhanced with an added protein

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association

When I was little, one of my favorite things to do was go shopping with my mom. Not because I enjoyed grocery shopping, but because it was my time to spontaneously ask for certain foods and treats that she normally didn't buy. This was my shameless attempt at catching her off guard, knowing she was focused on finding the items on her list.

If my plan was successful, she'd randomly say "sure" without realizing what she was saying "sure" to buying. Or, we'd get to the checkout, and she'd see a few random extra items and let out a long sigh as I prayed that she would agree it was "too late to go put it back on the shelf."

Now a mom myself, I'm realizing that this tactic must be hereditary. I've never shared this story with my kids, yet I find the boys asking for items not on the list all the time when they accompany me. And Havyn? She doesn't ask. She just takes things off the shelf and throws them in the cart! She's especially good at this if I get a phone call while in the store.

One aisle I loved walking down as a kid was by the cereal. My mom was notorious for not buying the great-tasting sugary cereals despite my best efforts. Looking back on it, I'm so glad she stuck to her guns. But at the time, I struggled with her decision.



So, it was a big deal when she agreed to buy "Kix," "Corn Pops," and "Smacks." That was as far as she would stretch with the "good" cereal. In the same token, I was determined not to eat "Grape Nuts" or "Shredded Wheat."

BREAKFAST OF CHAMPIONS

One day she asked if I wanted to try "Wheaties." Ah, yes, the "Breakfast of Champions," complete with a featured athlete on the front of the box. No, it didn't have that appealing sugary flavor. But, as a kid, I must admit that I was enthralled with who would get the infamous honor of being pictured next.

CHEESY POTATO & JALAPEÑO BREAKFAST HASH

INGREDIENTS:

4 cups	**roasted russet potatoes cut into bite-sized pieces**
1 Tbsp	**olive oil**
1	**medium yellow onion, chopped**
1	**fresh jalapeño, diced (and seeded if desired)**
2 Tbsp	**pickled jalapeños, chopped**
1½ cups	**pepper jack cheese, shredded**
1 tsp	**chili seasoning**
1 tsp	**smoked paprika**
½ tsp	**kosher salt, or to taste**
¼ tsp	**black pepper**

OPTIONAL GARNISHES:

Sour cream
Chopped green onions
Fresh cilantro
Additional fresh jalapeños, sliced
Additional pickled jalapeños, sliced
Hot sauce

My knowledge of nutrition and the impact of certain foods on the body have improved exponentially over the years and so has my idea of the "breakfast of champions."

If you're a busy family like us and struggle with the same old items for breakfast, try this "Cheesy Potato & Jalapeño Breakfast Hash." It's so easy to make in advance and is extremely versatile if you prefer other flavors.

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With protein being a vital macronutrient in our family, I added browned Italian sausage. You could also easily add pulled chicken, beef or pork, especially if you have meat left over from a previous dinner. This is a great way to use it up.

Also, don't let the jalapeños in the recipe intimidate you. Pickled jalapeños aren't nearly as intense as fresh ones in terms of heat but still add a flavorful edge. My kids aren't big on spiciness in food yet, and they all loved the pickled jalapeños.

This breakfast is a far cry from the sugary cereals I used to crave as a kid. But it is kid tested, mother approved!

DIRECTIONS:

Heat a large cast-iron or nonstick skillet over medium heat. Add the olive oil.

Add the chopped onion and cook for 4-5 minutes, stirring occasionally, until softened and lightly caramelized. Stir in the fresh jalapeño and cook for 1 to 2 minutes, until fragrant.

Add the roasted potatoes* to the skillet and sprinkle with the chili seasoning, smoked paprika, salt, and black pepper if needed. Toss to coat evenly and cook for 6 to 8 minutes, stirring only occasionally until heated through and crispy around the edges.

Stir in the chopped pickled jalapeños. Sprinkle the pepper jack cheese evenly over the top. Cover the skillet for 1 to 2 minutes, or until the cheese is melted and gooey.

Serve immediately with dollops of sour cream, if desired. Finish with green onions, cilantro, additional pickled and/or fresh jalapeños, or your favorite hot sauce.

***Don't have leftover roasted potatoes?* Here's how to make them:**

Preheat the oven to 425° Fahrenheit.

Cut 1½ pounds russet potatoes into ¾-inch pieces and toss with olive oil, chili seasoning, smoked paprika, salt, and pepper.

Spread onto a parchment-lined baking sheet in an even layer and roast for 25 to 30 minutes, stirring halfway through, until the potatoes are tender with crispy, golden edges. Continue with Step 1 of the recipe.

Visit https://eatwisconsinpotatoes.com/recipes/cheesy-potato-and-jalapeno-breakfast-hash/. BC'T

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