



CHICKEN APPLE HASH

(SERVES 4)

- ◆ 1 russet potato, diced and cooked
- ◆ olive oil for cooking
- ◆ 1 onion, diced
- ◆ 1 cup red bell pepper, diced
- ◆ 2 chicken breasts, cooked and diced
- ◆ 1 cup golden delicious apple, diced
- ◆ thyme, salt and pepper to taste
- ◆ parsley (fresh or dried)

1. Saute onion and pepper in olive oil over medium heat.

2. Adjust heat to medium-high and add more oil. Add chicken and potatoes and seasonings. Cook until browned.

3. Add apples and parsley, cook until the apples have softened.

Serve with poached eggs if desired.