



Makes 11 cups
Preparation Time: 25 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 cup chopped onion

1 cup chopped red bell pepper

4 cloves garlic, minced

4 teaspoons chopped fresh ginger

4 teaspoons chopped fresh lemongrass

3 lb. Yukon gold potatoes, scrubbed and cut into ¾-inch pieces (8 cups)

2 cups unsweetened coconut milk beverage

2 tablespoons Thai green curry paste

3 cups chopped fresh or frozen cauliflower

2 cups frozen peas and carrots

¼ cup chopped fresh cilantro

¼ cup sliced scallions

1 thinly sliced fresh Thai chile (optional)

Lime wedges

Thai Green Curry Potato and Pea Breakfast Hash

Tired of your standard oatmeal-and-fruit morning routine? This warming and hearty breakfast hash is the perfect dish to incorporate bold flavors into the first meal of your day. The bright flavors of **Thai** green curry, lemongrass, and ginger are soaked up by a medley of tender veggies and enhanced with the mouth-puckering tang of fresh lime juice. If you like a little spice, add sliced Thai chile to clear out the sinuses and get your brain ready to tackle your to-do list. Enjoy as is or add some brown rice to get an extra serving of healthy **whole grains**.

By Nancy Macklin, RDN

- 1 In an extra-large skillet cook the first five ingredients (through lemongrass) over medium 3 to 4 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add potatoes, coconut milk, and curry paste. Bring to boiling; reduce heat. Cover and simmer 10 minutes or until potatoes are almost tender. Stir in cauliflower and peas and carrots; cook 5 minutes or until tender.
- 2 Sprinkle with cilantro, scallions, and Thai chile (if using). Serve with lime wedges.