

Hash Browns

Unit: Griddle or Large Skillet

**6-8 Red Potatoes (cut on #2 Blade)
Cooking Spray or butter (not olive oil)**

**1 - Onion (Cut on #2 Blade)
Hot Peppers, diced (optional)**

First, cut the potatoes on the #1 or #2 blade into a bowl and rinse cold water over them to remove some of the starch. Drain them and pat them dry.

Preheat the skillet on medium-high heat (400 with the Electric Skillet) for 3-4 minutes and then coat the skillet with cooking oil. Spread a thin layer of the potatoes with whatever veggies you want and leave the lid completely off of the unit. (Do not use olive oil as it doesn't hold up to heat).

Do not stir the potatoes around. Let them cook until they are golden brown. Flip them only one time with a thin metal spatula. Remove them when they are done and make another batch until you have the amount that you want.

***Note: Reduce the heat a little if the oil starts to smoke.**

****Note: You may want to coat the skillet again before doing the second batch.**



HEALTH QUEST