



RECIPE DEMONSTRATION

Chef Taueret K. Thomas

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Skillet Sweet Potato and Collard Green Hash

INGREDIENTS

1 medium sweet potato, peeled and small-diced

¼ cup peppers (green, red or yellow), small diced

½ teaspoon garlic, minced

1 cup collard greens, stems removed and cut into bite-sized ribbons

2 tablespoons olive oil

2 tablespoons water (for steaming)

1 teaspoon smoked paprika

Salt and pepper to taste

OPTIONAL PROTEIN

1 egg or ½ cup cannellini beans, rinsed

METHOD

- 1 Sauté the sweet potato.** Heat a medium skillet over medium heat. Add olive oil and diced sweet potato and cook for about 5 minutes, stirring occasionally, until they start to brown slightly. Add the green peppers and minced garlic.
- 2 Steam to soften.** Pour 2 tablespoons of water into the skillet. Cover the pan with a lid and let it steam for 3–4 minutes until the sweet potatoes are fork tender.
- 3 Add the greens.** Remove the lid, add the cut collard greens, and season with salt, pepper, and smoked paprika. Stir well and cook for 3–4 minutes until the greens are wilted and tender.
- 4 Add protein (optional).**
If using an egg: make a well in the center of the veggies, crack the egg into it, cover and let it cook for 3–4 minutes until the egg white is set.
If using beans: stir them into the hash during the final 2 minutes to heat through.