

Recipes
from the

VEGGIE MOBILE®
Produce Aisle On Wheels

Cauliflower Potato Hash

Ingredients:

- 1 head of cauliflower
- 1 pound of potato
- 2 cloves garlic, minced
- ½ white onion, chopped
- 1 tablespoon olive oil

Directions:

1. Wash all vegetables
2. Peel potatoes and dice into small pieces
3. Chop cauliflower florets off of stem and dice into small pieces
4. Heat olive oil over medium heat in skillet
5. Add onion and garlic, let cook for 2 minutes
6. Add potatoes and cauliflower, allow to cook for 10 minutes or until soft
7. Enjoy!



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Who knew?

This hash can be used as a vegetable side for dinner or you can spice it up by adding a fried or scrambled egg on top for breakfast!

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