



Recipe inspired by: My Body My Kitchen

Jamaican-Inspired Breakfast Hash

Rise and shine with this fiber-filled feast that's a love letter to the zesty delights of Caribbean cuisine!

Yields: 5 servings | 1 cup each

INGREDIENTS

- 4 tablespoons olive oil, separated
- 2-3 ripe plantains, peeled & cubed
- 1/4 cup onion, diced (any type)
- 1 red bell pepper, minced
- 1 orange bell pepper, minced
- 15-ounce low-sodium black beans, rinsed and drained
- 1 cup callaloo, chopped
- 1 tablespoon minced garlic
- 1 tablespoon ginger paste
- 1/2 cup cilantro, finely chopped
- 1 tsp cumin
- 2 tbsp jerk seasoning paste, or to taste
- 2 tablespoons lime juice
- salt and pepper, to taste

DIRECTIONS

1. Heat 2 tablespoons of the oil over medium heat in a large skillet.
2. Add plantain cubes and cook until golden brown. Once brown, remove plantains and drain on a paper towel.
3. Heat the remaining 2 tablespoons of olive oil in the same skillet over medium heat.
4. Add onions, bell peppers, garlic, and ginger paste. Sauté until the vegetables begin to soften (about 5-10 minutes).
5. Add black beans and callaloo to the skillet with the onions and bell peppers. Sauté for another 5 minutes.
6. Add cooked plantains back to the skillet, and season with the cilantro, cumin, jerk seasoning, lime juice, salt, and pepper.

Consider serving with eggs or a lean breakfast sausage for additional protein.

Can't find callaloo? Use any other leafy green you love.



FOOD IS MEDICINE

CREATED BY OUR
REGISTERED DIETITIAN NUTRITIONISTS

WWW.OPENHANDATLANTA.ORG
WWW.GOODMEASUREMEALS.COM