 

**Skillet Fajita Hash browns**



**Description:** With carbs for refueling and fiber to fill you up, these Skillet Fajita Hash browns are a great post-workout meal.

**Recipe by:** Regan Jones, RD

**Website Link:** <http://healthyaperture.com/blog/post/skillet-fajita-hashbrowns>

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Ready Time:** 20 minutes

**Potato Type:** Russet

**Serves:** 1

**Prep Method:** Skillet

**Course:** Entrée

**Ingredients**

* 1 teaspoon oil
* 1 1/3 cups frozen diced hash brown potatoes, thawed
* 1/4 teaspoon chili powder
* Pinch of salt
* 1/2 cup fat-free refried black beans
* 1/2 cup sauteed peppers and onions
* 1/4 cup (1 ounce) shredded Mexican cheese blend
* 1 Tablespoon guacamole
* 1 Tablespoon salsa verde

**Preparation**

1. Preheat broiler.
2. Heat oil in a small ovenproof skillet (preferably cast iron) over medium-high heat until hot; add potatoes. Sprinkle with chili powder and salt; cook 5 to 7 minutes or until crisp and golden brown.
3. Top with beans, peppers, onion and cheese; broil until cheese melts. Top with guacamole and salsa verde.

**Nutrition**

Per serving: Calories 468, Fat: 21 g, Cholesterol: 27 mg, Sodium: 1079 mg, Carbohydrates: 54 g, Fiber: 12 g, Potassium: 1210 mg, Protein: 18 g, Vitamin C: 101%