

Red Flannel Hash



Sautee the ingredients until golden and crisp. Serve by the plateful with a cucumber-and-dill salads.

INGREDIENTS:

- 1 tbsp. Margarine or butter
 - 1tbsp. Vegetable oil
 - 1/2 tsp salt
 - 1/4 tsp course black pepper
 - 1 jumbo onion, chopped
 - 2 large celery stalks, cut 1/2 in pieces
 - 1 tbsp. Fresh parsley leaves, chopped
 - 4 cup bite size pieces Cooked potatoes *
 - 1 1/2 cups bite sized pieces cooked corned beef *
- (*reserved from Corned Beef with Cabbage and Potatoes)



PREPARATION:

In nonstick 12-in skillet, heat margarine or butter with oil over medium heat. Add onion and celery, and cook 15 minutes or until lightly browned and tender, stirring occasionally. Increase heat to medium-high; potatoes, corned beef, salt, and pepper, and cook 15 minutes or until browned, stirring occasionally. Sprinkle with parsley to serve.

Source: Good Housekeeping

Nutritional info:

Calories:	415
Total Fag	11g
Sat Fat	3g
Cholesterol	40mg
Sodium	1,065mg
Total Carbs	62g
Dietary Fiber	7g
Sugars	--
Protein	19g