

McDougall Made Easy Recipes

For more ideas and recipes go to the “McDougall Made Easy DVD” section on our web site: www.drmcdougall.com.

Lesson 2: Hash Browns

Preparation Time: 2 minutes

Cooking Time: 15-20 minutes

Servings: 2

4-5 cups shredded potatoes

Preheat a non-stick pan for 30 seconds, then add the potatoes to the dry pan. Flatten slightly, cover with a lid, and cook over medium-high heat for 8-10 minutes before turning. Then turn over and cook for another 7-10 minutes on the other side, turning as often as you like for even browning.

RECIPE HINT: Shredded potatoes may be purchased in supermarkets and natural food stores, either frozen or fresh. Check to make sure there are no added oils. Or you can easily shred your own potatoes using a food processor. Chopped onions and peppers also make a delicious addition to Hash Brown potatoes.