

CHICKEN & SWEET POTATO SKILLET



D'LISH

Gluten-Free, Dairy-Free, Nut-Free, Egg-Free

Yield: 4 servings, 1 serving = 1 cup **Total time:** 20 minutes

Ingredients

- 1 lb. ground chicken
- 1 medium yellow onion, chopped
- 1 shallot, chopped
- 3 garlic cloves, minced
- 1 bell pepper, chopped
- 1/4 cup tomato paste
- 1 medium sweet potato, peeled and cubed
- 1 cup low-sodium chicken broth
- 2 tsp smoked paprika
- 1/4 tsp salt
- 1/2 tsp pepper
- 1/4 tsp red pepper flakes
- 3 cups kale, chopped
- 1 medium avocado, peeled and sliced
- Fresh basil, optional

Directions

1. Wash and prep ingredients: Chop onion, shallot, garlic cloves and pepper. Open tomato paste. Peel and cube sweet potato.
2. In a large skillet, cook chicken, onion, shallot, garlic and bell pepper over medium heat for 8-10 minutes so chicken is no longer pink, and vegetables are tender. Break up chicken with spatula into crumbles and drain into colander.
3. Transfer chicken mixture back into skillet, add tomato pasta, cook and stir for 1 minute.

Grocery List

- Ground chicken
- Onion
- Shallot
- Garlic
- Bell pepper
- Tomato paste
- Sweet potato
- Low sodium broth
- Smoked paprika, salt, pepper & red pepper flakes
- Kale
- Avocado
- Fresh basil

Kitchen Equipment

- Cutting board
- Sharp knife
- Measuring cups & spoons
- Lrg skillet
- Colander

4. Add sweet potato, broth, smoked paprika, salt and pepper. Bring to a boil; reduce heat. Simmer, covered for 10 minutes until sweet potatoes are tender, stir occasionally.
5. Add kale and red pepper flakes, cook for 2 more minutes, covered.
6. Serve chicken sweet potato mixture in a bowl topped with avocado and basil.

Per serving: Calories 381; Total Fat 18g; Saturated Fat 4g; Sodium 155mg;
Total Carbohydrates 27g; Fiber 8g; Protein 30g

Ingredient/Prep tip

- May substitute ground chicken for ground turkey.
- Can substitute chicken for beans, lentils or tofu to make this recipe vegetarian/vegan friendly.
- May substitute sweet potato for butternut squash.
- May add additional toppings: low-fat cheese, low-fat sour cream, chopped nuts, golden raisins, honey, hot sauce
- May store mixture in the refrigerator for 3-4 days or in the freezer for 4-6 months.

Nutrition Information

- Ground chicken is a good source of lean protein and is easy to prepare. It is a healthier alternative to ground beef which is much higher in fat, sodium and calories.
- Sweet potatoes are nutrient-dense root vegetables that come in a variety of colors. They're high in fiber and antioxidants, which protect your body from free radical damage and promote a healthy gut and brain.

Notes