

Potato Black Bean Skillet

Ingredients

- 2 Tbsp olive oil
- 2 lbs red potatoes, diced
- 1 tsp chili powder
- 2 garlic cloves, minced
- 1 small onion, diced
- 1/4 tsp cayenne pepper
- 1 (6 oz) bag fresh spinach
- 1 (15 oz) can no-salt-added black beans, drained & rinsed
- 1 cup plain non-fat Greek yogurt

Directions

1. In a large skillet, heat oil over medium-high. Add potatoes, chili powder, garlic, onion & pepper. Cover & cook 8-10 minutes, stirring occasionally.
2. Add spinach & beans. Cook 3-5 minutes or until spinach is wilted, stirring gently.
3. Remove from heat, top with yogurt & serve.

Nutrition Facts

4 servings per recipe	
Serving size	(458g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 57g	21%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 17g	