



Sweet Potato Black Bean Skillet

SERVING: 2 CUPS
YIELD: 5

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 lbs Sweet Potatoes (about 3 large), peeled, small diced
- 1/2 Onion, chopped
- 1 tsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Oregano
- 1/4 tsp Cayenne Pepper
- 1/2 tbsp Garlic, minced (3 cloves garlic)
- 1 (10 oz) bag Frozen Kale
- 1 (15 oz) can No-salt-added Black Beans, drained & rinsed

Topping- (Garlic Aioli)

- 1/4 cup Plain Greek Yogurt, nonfat
- 1/4 cup Mayonnaise
- 1 tbsp Garlic, minced
- 1 Lemon, juice
- 1/2 tbsp Extra Virgin Olive Oil
- 1/8 tsp pepper

Nutrition Facts	
5 servings per container	
Serving size	2 cups (0.0g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 190mg	8%
Total Carbohydrate 46g	17%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 2.6mg	15%
Potassium 860mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from
onieproject.org

Directions

1. In a large skillet, heat oil over medium-high. Add potatoes and onions. Cover and cook 10 minutes.
2. In a small bowl, stir together yogurt, mayonnaise, garlic, lemon juice, olive oil, and pepper to make the topping.
3. Add minced garlic, garlic, chili powder, cumin, oregano, cayenne pepper, and lastly kale and black beans. Cover & cook 5 minutes, stirring occasionally.
4. In the large skillet, add black beans. Cook 5 minutes.
5. Top each serving with garlic aioli. Enjoy!

Cost Per Recipe	Cost Per Serving
\$6.71	\$1.12