

Chicken with Roasted Sweet Potato Salad

Prep: 10 minutes

Cook: 30 minutes

Makes: 4 servings



Active time:
20 minutes

- 1 pound sweet potatoes, peeled and cut into thin wedges
- 1 thinly sliced red onion
- 2 tablespoons olive oil, divided
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon pepper, divided
- 4 (6-ounce) boneless, skinless chicken breasts

- 1 bunch spinach, thick stems removed (about 4 cups)
- 2 tablespoons fresh lime juice

- 1 | Preheat oven to 425°.
- 2 | Toss together the sweet potatoes, onion, 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper on a rimmed baking sheet. Roast 20–25 minutes or until tender.
- 3 | Meanwhile, heat remaining 1 tablespoon oil in a skillet over medium-high heat. Season chicken with remaining 1/2 teaspoon salt and

1/4 teaspoon pepper, and cook for 5–6 minutes per side or until chicken is golden and cooked through.

- 4 | Toss the sweet potato–onion mixture with spinach and fresh lime juice. Serve warm with chicken.

Serving size: 1 chicken breast and about 1 1/2 cups vegetables

▶ **Calories** 325; **Fat** 11g (sat 2g, mono 6g, poly 2g); **Cholesterol** 94mg; **Protein** 37g; **Carbohydrate** 19g; **Sugars** 6g; **Fiber** 4g; **Iron** 3mg; **Sodium** 412mg; **Calcium** 81mg

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Superfood!

Give your eyes a boost with beta-carotene. This dish has more than 100 percent of the RDA from its sweet potato and spinach.