

Sweet Potato, Bacon and Veggie Skillet

Prep: 5 minutes | Cook: 20 minutes | Total: 25 minutes

Yield: 2 servings | Serving Size: 1.5 cups

Ingredients

3 slices extra thin bacon
1/2 cup onion, diced
2 garlic cloves, minced
1/3 cup yellow pepper, diced
1/2 cup red pepper, diced
1 cup sweet potato, cubed
1/8th teaspoon crushed red pepper
1/2 cup low-sodium chicken broth
2 cup fresh spinach

Directions

1. Place bacon in a large skillet and cook over medium heat for 5 minutes or until crispy.
2. Add onion and peppers, sauté for 3 minutes.
3. Add garlic, sauté 1 minute.
4. Add potato, crushed red pepper and broth.
5. Cover and cook 9 minutes or until potatoes are tender.
6. Add spinach, cook uncovered, 1 minutes or until spinach wilts.
7. Serve hot.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 3.5 g |
Saturated Fat: 1 g | Sodium: 270 mg | Total Carbohydrate: 28 g |
Dietary Fiber: 4 g | Protein: 7 g**

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