



-CHICKEN WITH ROASTED SWEET POTATO SALAD

1 pound sweet potatoes, peeled and cut into thin wedges

1 thinly sliced red onion

2 tbsp olive oil, divided

1 tsp salt, divided

½ tsp pepper, divided

4 boneless, skinless chicken breasts

1 bag baby spinach

2 tbsp balsamic vinegar

1. Preheat oven to 425°.
2. Toss together sweet potatoes, onion, 1 tbsp oil, ½ tsp salt and ¼ tsp pepper on a baking sheet. Roast 20-25 minutes or until tender.
3. While the sweet potatoes are roasting, heat remaining 1 tbsp oil in a skillet over medium-high heat. Season chicken with remaining salt and pepper and cook in pan 4 minutes per side or until golden and cooked through.
4. Toss the warm sweet potato mixture with spinach and balsamic vinegar. Serve warm with chicken.

