CHICKEN & SWEET POTATO BAKE

Serves: 6  |  Serving Size: 1/6 of pan

**INGREDIENTS**

- **sweet potatoes**
  3-4 small, diced

- **green bell pepper**
  1 small, diced

- **onion**
  1 small, diced

- **canned spinach**
  1 - 15 oz can, drained

- **great northern beans**
  1 - 15 oz can, drained & rinsed

- **low sodium cream of chicken soup**
  1 - 10 oz can

- **chicken in water, drained**
  1 - 12.5 oz can

- **low sodium chicken broth**
  1 - 14 oz can

- **Cooking spray**
INSTRUCTIONS

1. PREHEAT OVEN & PREPARE POTATOES

Preheat oven to 400°F. Spray metal 8 x 8 baking pan with cooking oil and spread sweet potatoes in an even layer. Bake sweet potatoes for 10 minutes, or until slightly softened.

2. ADD ONION & BELL PEPPER

Remove the baking pan from the oven, add onion and bell pepper, cook for another 10 minutes.

3. PREPARE SAUCE

In a medium bowl, mix the cream of chicken soup and broth.

4. ADD REMAINING INGREDIENTS

Remove baking dish from the oven, add chicken, beans, & spinach. Pour cream of chicken soup mixture over contents. Mix well.

5. BAKE

Cover the pan with foil and place back in the oven for 40-45 minutes.

CHEF NOTES

- Pair with a whole grain roll and a hearty green side salad.
- Add cumin and shredded cheddar for a pop of flavor.

NUTRITION INFORMATION

Calories: 261  Total Carbohydrate: 33g  Protein: 23g
Total Fat: 4g  Dietary Fiber: 7g  Sodium: 727mg

LOWCOUNTRY FOOD BANK

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