

# CHICKEN & SWEET POTATO BAKE



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

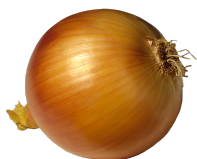
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**sweet potatoes**  
3-4 small, diced



**green bell pepper**  
1 small, diced



**onion**  
1 small, diced



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



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



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



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



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



**Cooking spray**

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# 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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