

Skillet Sweet Potatoes with Cilantro

Ingredients:

- 4 Tablespoons olive oil, divided
- 5 cups sweet potatoes cut into ½ inch cubes
- 1 cup sweet onion, finely diced
- 1 clove garlic
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup cilantro, finely chopped
- 1/4 cup green onions, finely chopped

Directions:

1. Drizzle 2 tablespoons of olive oil in a large non-stick skillet over medium heat.
2. Add sweet potatoes and sauté for five minutes, stirring occasionally.
3. Add remaining olive oil and onions. Stir to combine.
4. Reduce heat to medium-low and cover skillet with a lid. Cook for five minutes.
5. Remove lid and add garlic, salt, and pepper. Stir to combine, increase heat back to medium and cook for 4-6 minutes more. For crispy potatoes, increase the heat to medium-high during the last two minutes of cooking.
6. Before serving, sprinkle skillet sweet potatoes with cilantro, green onions, and additional pepper if desired.

Nutrition Facts	
Serving Size (180g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 2g	
Vitamin A 320%	Vitamin C 10%
Calcium 4%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: glutenfreewithlb.com

