

# FUN FOOD FRIDAY: SWEET POTATO AND BLACK BEAN MEDLEY



End the week by learning new culinary skills and exploring new flavors in the kitchen with our Fun Food Friday recipes. This week's recipe is Sweet Potato and Black Bean Medley.

## Ingredients:

- 1 medium sweet potato, diced
- 1 Tablespoon extra virgin olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon ground chili powder
- 1 small bunch green onion, sliced on the diagonal
- 2 cups spinach, chopped
- 1 (15 ounce) can black beans, drained and rinsed

## Directions:

- Heat a large skillet over medium-high heat. Add the oil and let warm, about 30 seconds.
- Add sweet potatoes. Season with cumin, paprika, and ground chili. Allow potatoes to brown before stirring.
- Cook until potatoes are cooked through, about 10 minutes, stirring occasionally. Watch the heat and adjust so that potatoes do not burn.
- Once potatoes are cooked through, add the green onion and cook to soften them up a bit. Add the spinach and allow to wilt slightly. Stir in the beans.

