

Potato, Black Bean & Kale Skillet

Ingredients:

- 2 Tbsp olive oil
- 1 clove garlic, minced
- 1/4 cup chopped onion
- 4 red potatoes, diced
- 1 tsp chili powder
- 1/4 tsp salt
- 1/8 tsp cayenne pepper (optional)
- 2 1/2 cups kale leaves, chopped
- 15 oz can black beans (no salt), drained and rinsed

Serves 4. Per serving:
222 calories, 12 g fat, 11 g protein, 21 g carbohydrates, 5.7 g fiber, 166 mg sodium



Recipe from choosemyplate.gov

Directions:

1. Heat oil in a large skillet over medium heat. Add garlic and onions; cook 2-3 minutes until just starting to brown.
2. Add diced potatoes, chili powder, salt and pepper. Cover with lid and cook 8-10 minutes, stirring occasionally.
3. Add kale and black beans. Cook 3-5 minutes, stirring gently.

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