

Honorable Mention: Marcia Townsend, Raleigh

Southwestern Sweet Potato Chicken Skillet

1 lb. of chicken tenderloins cut into 1-inch cubes
3 Tbsp. olive oil
1 tsp. salt
1 tsp. pepper
1 large sweet potato, cut into ½ inch cubes (approx. 4 cups)
1/2 medium red onion, cut into small pieces
3 Tbsp. chili powder
2 tsp. ground cumin
½ tsp. cayenne pepper
1 cup chicken stock
2 Tbsp. lime zest
1 can black beans, drained (18 oz.)
Cilantro leaves (garnish)
Lime wedges (garnish)
Greek yogurt (to serve)

In a large 12 inch skillet or pan, heat 2 Tbsp. olive oil over medium heat. Add the chicken, and brown (8-10 minutes). Remove the chicken from the pan and set aside.
Add another Tbsp. olive oil to the pan. Add the sweet potato, and cook for 12-14 minutes, until browned. Stir every 3 minutes. Add red onion, chili powder, cumin, cayenne, salt, pepper and chicken stock. Return the chicken to the pan. Stir so that everything is well combined.
Cover and cook for another 10-14 minutes, stirring once or twice. Chicken and sweet potato should be cooked through. Add the black beans and lime zest. Cook until heated through. Serve with lime wedges, cilantro and Greek yogurt.

Prep time 15 minutes
Cook time 30 minutes
Total time 45 minutes