Chicken with Roasted Sweet Potato Salad

From – www.health.com

1 pound sweet potatoes, peeled and cut into thin wedges
1 thinly sliced red onion
2 Tbsp olive oil, divided
1 tsp kosher salt, divided
½ tsp pepper, divided
4 (6-ounce) boneless, skinless chicken breasts
4 cups spinach, thick stems removed
2 Tbsp fresh lime juice

• Preheat oven to 425°.
• Toss together the sweet potatoes, onion, 1 Tbsp oil, ½ tsp salt, and ¼ tsp pepper on a rimmed baking sheet. Roast 20–25 minutes or until tender.
• Meanwhile, heat remaining 1 Tbsp oil in a skillet over medium-high heat. Season chicken with remaining ½ tsp salt, and ¼ tsp pepper, and cook for 5–6 minutes per side or until chicken is golden and cooked through.
• Toss the sweet potato–onion mixture with spinach and fresh lime juice. Serve warm with chicken.

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