






MEXICAN SWEET POTATO HASH WITH BLACK BEANS AND SPINACH

 5 minutes
 30 minutes
 4 portions

INGREDIENTS

- 2 tablespoons of oil, olive, salad or cooking (27 g)
- 2 medium sweet potatoes, peeled and cut into ½-inch cubes (about 4 cups)
- 1 large shallot, thinly sliced
- 1.75 cups of beans, black, mature seeds, canned, low sodium (420 g)
- 1 teaspoon sea salt
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 1/2 package (10 oz) of spinach, raw (142 g)
- 1 tablespoon lime juice
- 600 grams of chicken, breast, flesh, raw
- 400 grams of avocado, raw
- 4 tablespoons of sour cream, light (48 g)

COOKING METHOD

- 1° In a large non-stick skillet, heat the olive oil. Cook the potatoes over medium-high heat, stirring occasionally, until brown and tender, about 15 minutes. Turn the flame down if they begin to blacken. Add the shallot, black beans, salt, cumin, and chili powder. Sauté 3 minutes more, until the shallot is soft. Carefully fold in the spinach and cook until wilted. Drizzle with the lime juice.
- 2° Dice and cook chicken over medium heat for 12-15 minutes until completely cooked.
- 3° Serve the hash warm with chicken, avocado and sour cream.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (473 g)	% DRI
ENERGY	125 kcal	594 kcal	30 %
FAT	7 g	33 g	50 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	37 %
CHOLESTEROL	20 mg	93 mg	31 %
SODIUM	182 mg	861 mg	36 %
CARBOHYDRATE	7 g	33 g	11 %
SUGARS	1 g	5 g	—
FIBER	3 g	13 g	53 %
PROTEIN	9 g	44 g	—