

## The 5-Minute Dinner

Dinner

*Tired after a long day of work and looking for a way to eat a healthy meal with little effort? Look no further than the 5-Minute Dinner: a sweet potato, greens, and eggs extravaganza! Keep these ingredients on hand in the fridge or freezer for a reliable and good-for-you meal any time of day!*

Serves 1

Estimated price per serving: \$1.00

- 1 small to medium sweet potato
- 1 tbsp olive oil
- 2 cups kale or other leafy greens, washed and stemmed
- 1 tsp chopped garlic (optional)
- salt and pepper
- 1 egg



Wash sweet potato and prick all over with a fork. Wrap it in a paper towel and place in microwave. Press the POTATO button, or microwave for 5 minutes.

Meanwhile, heat 2 tsp olive oil in a small pan over medium heat. Add kale to pan and cook for 2 minutes until slightly wilted. Add garlic if using and cook another 1 minute. Sprinkle lightly with salt and pepper. Transfer kale to serving plate.

Return pan to heat. Add 1 tsp olive oil to pan and coat bottom of pan evenly with it. Crack egg into pan. Cover pan with a lid and allow to cook for 2-3 minutes, until desired doneness. Place egg on serving plate.

Remove cooked sweet potato from microwave and add to plate.

Optional additions for serving:

- Squeeze lemon juice and sprinkle parmesan or feta cheese over kale
- Add a big scoop of salsa and chopped avocado for a southwest twist (pictured)
- Season your sweet potato with salt, pepper, cumin, and lime juice

<b>Nutrition Facts</b>			
Serving Size 311 g			
<b>Amount Per Serving</b>			
<b>Calories</b> 360	Calories from Fat 173		
<b>% Daily Value*</b>			
<b>Total Fat</b> 20g			30%
Saturated Fat 4g			18%
Trans Fat			
<b>Cholesterol</b> 211mg			70%
<b>Sodium</b> 169mg			7%
<b>Total Carbohydrate</b> 37g			12%
Dietary Fiber 6g			26%
Sugars 8g			
<b>Protein</b> 13g			
Vitamin A 855%	•	Vitamin C 305%	
Calcium 25%	•	Iron 23%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com