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## **Grilled Chicken Breast, Mashed Sweet Potato, and Spinach**

Sometimes the easiest way to prepare something is also the best. That definitely applies to this savory stack of chicken, sweet potato, and lightly wilted spinach!

Prep Time: 10 min. Cook Time: 30 min.

Serving size: 1 plate

Makes 1 serving

### **Ingredients**

1 boneless skinless chicken breast

1 sweet potato

1 cup spinach

2 tbsp olive oil

Squeeze of lemon

Pinch of salt

### **Directions**

1. Season chicken breast with a few drops of olive oil and some salt. Peel the sweet potato and cut into medium-sized chunks.
2. Put the sweet potato chunks in a pot of water on high, and boil until tender. Mash with a fork, adding about 2 tablespoons olive oil and salt to taste.
3. Throw the chicken on a hot grill, and cook about 5 minutes each side, or until the chicken registers an internal temperature of 165 degrees F.
4. Add a few tablespoons of water and a squeeze of lemon to a hot pan. Wilt the spinach on high heat, just enough to soften the leaves.
5. Make a stack of sweet potato, spinach, and chicken, in that order.