

Recipe for: Brussels Sprout & Sweet Potato Skillet

Ingredients:

2 Tbsp butter
1 onion, chopped
1 large sweet potato, cut into bite-size pieces
1 bay leaf
1 lb Brussels sprouts, cut in half
1 sweet red pepper, sliced into 1/4" strips
1/4 cup chicken broth
2 Tbsp chopped, fresh parsley

Preparation:

Melt butter in skillet over medium heat.

Add onion, sweet potato, bay leaf, Brussels sprouts and peppers.

Sauté until tender.

Add chicken broth and simmer 8 minutes.

Remove bay leaf, season with pepper to taste.

Sprinkle with fresh parsley and serve.