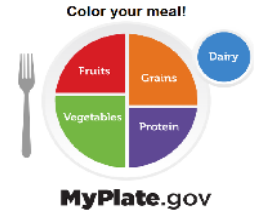




POTATO, BLACK BEAN, & KALE SKILLET



Ingredients:

4 red potatoes, diced

2 1/2 cups kale, chopped

1/4 cup onion, chopped

1 clove garlic, minced

1 15oz can no salt added black beans, drained & rinsed

1/2 cup nonfat plain Greek yogurt

2 tbsp olive oil

1 tsp chili powder

1/8 tsp cayenne pepper

1/4 tsp salt

Directions:

1. Heat oil in skillet over medium heat. Add garlic & onions; cook 2-3 minutes until starting to brown.
2. Add potatoes, chili, salt, & pepper to skillet. Cover & cook 8-10 minutes, stirring occasionally.
3. Add kale and black beans. Cook 3-5 minutes, stirring gently.
4. Serve with Greek yogurt.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Mention **Gleaners** when speaking with your SNAP representative.

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LÍNEA DE AYUDA



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For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

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Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!