



## Chicken & sweet potatoes with shallots

1 1/2 lbs. sweet potatoes, peeled and cut into 2" pieces  
salt and pepper  
olive oil  
4 boneless skinless chicken breasts  
4 shallots, sliced into thin rings  
2 Tbsp rosemary

Place the sweet potatoes in a large pot. Add enough cold water to cover and bring to a boil. Add 1 tsp. salt, reduce heat, and simmer until tender (14-16 minutes). Reserve 1/4 cup of the cooking water, drain the potatoes, and return them to the pot. Mash with the reserved cooking water. Meanwhile, heat 1 Tbsp. of the olive oil in a large skillet over medium heat. Season the chicken with 1/2 tsp salt and 1/4 tsp pepper and cook until golden brown and cooked through (7-8 minutes per side). Transfer to plates. Wipe out the skillet and heat 3 Tbsp. of olive oil over medium-high heat. Add the shallots, rosemary, 1/2 tsp salt, and 1/4 tsp pepper and cook, stirring, until the shallots are tender (3-4 minutes). Serve the chicken with the potatoes and drizzle with the shallot mixture.

*adapted from Real Simple*

