

Sweet Potatoes and Spinach (Good on Days 1, 2, 3, 4, 9, and 10)

1 tbsp extra-virgin olive oil
1 sweet onion, diced
1 sweet potato, peeled and diced small
1 bag of baby spinach
Sea salt and freshly ground pepper to taste

Heat oil in a large skillet over medium heat. Add the onion and sweet potato, sprinkle a pinch of sea salt over the potatoes and toss to coat with oil. Cook until the sweet potato is tender (could take 20 minutes or so depending on the size of your potato dice), stirring occasionally. When the potatoes are done, add the spinach and continue to toss until the spinach is wilted. Season with salt and pepper. You can add red pepper flakes with the first sprinkle of salt if you like spicier foods.