Chicken and Kale

It’s 5pm and I’m leaving the UA campus and heading home after a long day. So what will I fix that’s quick, tasty, healthy, and uses ingredients that are easily found in the grocery store? Here’s the perfect choice – a tried and true chicken and kale recipe, developed by BoneBuilders (http://cals.arizona.edu/maricopa/fcs/bb/aboutus.html). Kale has dark green leaves that are very high in nutrients, supplying 90 mg of calcium per ½ cup cooked portion with 4810 iu of Vitamin A. Kale is part of the cabbage family, and is considered a cruciferous vegetable, which may have properties to help prevent some cancers. And it’s inexpensive! So try this recipe and let me know how you like it! Send me an email at rogersn@email.arizona.edu

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: BoneBuilders, through UA Cooperative Extension

Chicken and Kale

Serves: 4
Cook time: 10-15 minutes
Ready in 25 minutes

Ingredients

- 2 large boneless/skinless chicken breasts (about 8 oz), cut in 1” cubes
- 2 cloves fresh garlic, minced
- 1 large bunch kale (about 10-12 cups), washed and chopped
- 1 cup sliced mushrooms (optional)
- 1 Tbsp olive oil
- 1 large onion, chopped
- salt and pepper to taste

Directions

1. Heat oil in a large frying pan over medium heat
2. Add onion and garlic and cook until transparent, stirring constantly.
3. Add kale. When it begins to wilt add the chicken, mushrooms and seasonings.
4. Continue to cook, stirring constantly, until chicken is no longer pink.
5. Serve with brown rice and enjoy!

Nutrition Facts
Serving Size (27g)
Servings Per Container
Amount Per Serving
Calories 200 % Daily Value*
Calories from Fat 50
Total Fat 6g 9%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 40mg 13%
Sodium 105mg 4%
Total Carbohydrate 22g 7%
Dietary Fiber 4g 16%
Sugars 2g
Protein 22g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Total Fat 65g 80g
Saturated Fat 20g 30g
Cholesterol 300mg 425mg
Sodium 2,400mg 2,500mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9  Carbohydrate 4  Protein 4