

2.8: Chicken & Kale Stew over Quinoa

Ingredients

2 tbsp. olive oil, divided
1 lb. boneless, skinless chicken thighs, cut into 1-inch pieces
Coarse salt & ground black pepper
4 garlic cloves, thinly sliced
1 medium onion, skins removed, halved & thinly sliced
1 tsp. dried oregano
1 (28 oz) can whole, peeled tomatoes with juice
1 large bunch kale (stalk removed), coarsely chopped
1 cup quinoa, cooked in two cups low-sodium chicken stock



Preparation

1. In a dutch oven or a large, heavy pot, heat 1 tbsp. of the oil over medium-high.
2. Season chicken with salt & pepper and cook in two batches, tossing occasionally, until browned, about 5 minutes per batch; transfer to a plate.
3. Add onion to the pot; drizzle with remaining olive oil. Season with salt & pepper. Cook for 3-5 minutes until slices begin to brown, stirring often.
4. Add garlic & oregano to pot; cook an additional 2-4 minutes (don't worry if the pot darkens).
5. Add can of tomatoes (juice & all); crush tomatoes with back of spoon as they are added. Cook for 8-10 minutes until stew is slightly thickened.
6. Return chicken to pot and simmer until chicken is cooked through, 2-4 additional minutes.
7. Add as much kale to the pot as will fit. Cook, tossing, until kale begins to cook down. Add more kale as space becomes available, until the entire batch has been used, or until the desired amount has been reached.
8. Prepare quinoa according to package directions, substituting chicken broth for water. Taste for seasoning and salt if necessary.
9. Serve stew over ½ cup cooked quinoa. Serves 4.

Nutrition (per serving)

392 calories, 13g fat (1.7g sat. fat), 50g carbs, 25g protein, 9g fiber, 352mg sodium
(448% Vitamin A, 148% Vitamin C, 35% Vitamin B-6, 45% iron)