



Chicken, Kale, and White Bean Stew

Ingredients

2 tsp canola oil
1/2 medium onion, chopped (3/4 cup)
2 cloves garlic, minced
4 ounces sliced mushrooms
1 pound boneless, skinless chicken breasts cut into pieces

1 bunch kale (about 3/4 pound), cut from stem and cut into ribbons
1 15 ounce can petite diced tomatoes
1/4 cup no-salt-added tomato paste
1 15 ounce cannellini beans (white kidney beans), rinsed and drained
Freshly ground pepper to taste

Nutrition Facts (per serving)

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|--------------------------|------------|
| Calories | 370 |
| Fat (g) | 4.8 |
| Saturated Fat (g) | 0.7 |
| Cholesterol (mg) | 85 |
| Sodium (mg) | 473 |
| Carbohydrate (g) | 42 |
| Fiber (g) | 11 |
| Protein (g) | 40 |
| Calcium (mg) | - |

Preparation

Heat oil on medium heat in large skillet. Sauté onions, garlic and mushrooms for 3-4 minutes. Add chicken and cook for 3-4 minutes, until no longer pink on outside. Add kale in two or more batches and cook until wilted. Pour tomatoes into skillet, Stir in tomato paste, then add beans. Stir, and simmer for 10-15 minutes.

Serves 6

