

Ingredients

- 1½ Tbsp** (22.5 mL) oil, divided
- 2 Tbsp** (30 mL) all-purpose flour
- ⅓ tsp** (0.5 mL) each salt and pepper
- 1 lb.** (454 g) boneless, skinless chicken thighs, cut into 2-inch (5 cm) pieces
- 1 cup** (250 mL) diced onion
- 1 cup** (250 mL) diced celery
- 1 cup** (250 mL) diced carrots
- 2** cloves garlic, chopped
- 2 cups** (500 mL) cubed sweet potatoes (about 2 small or 1 large)
- 2 cups** (500 mL) reduced sodium chicken broth
- 3 cups** (750 mL) water
- 2** bay leaves
- 1 can** (540 mL) reduced sodium chickpeas, drained and rinsed
- 2 cups** (500 mL) chopped kale
- Juice and zest of ½ a lemon
- ¼ cup** (60 mL) fresh dill
- ¼ cup** (60 mL) crumbled feta cheese

NUTRITION FACTS

Calories	350
Fat	12 g
Saturated Fat	2.5 g
+ Trans Fat	0 g
Carbohydrate	38 g
Fibre	8 g
Sugars	9 g
Protein	27 g
Cholesterol	75 mg
Sodium	590 mg

Greek Chicken, Kale & Sweet Potato Stew

 **COOK TIME: 55 MINUTES**  **NET CARBS: 30 G**
 **SERVES: 4**  **SERVING SIZE: 3 CUPS (750 ML)**



Instructions

1. Heat 1 Tbsp (15 mL) oil in a Dutch oven or large saucepan over medium-high heat. Mix flour, salt, pepper and chicken and add to pan. Brown chicken on all sides, about 1-2 minutes per side, and transfer to a plate.
2. Add the remaining ½ Tbsp (7.5 mL) oil to the pan and reduce heat to medium. Add onion, celery, carrots and garlic. Cook, stirring occasionally, for 5 minutes or until softened.
3. Add sweet potatoes, broth, water and bay leaves; bring to a boil. Return chicken and any juices to pan; cover and simmer for 20 minutes.
4. Add chickpeas, kale, lemon juice and dill; simmer, covered for another 5 to 10 minutes until kale is wilted. Remove bay leaves before serving.
5. Divide evenly into 4 bowls and top with 1 Tbsp (15 mL) crumbled feta cheese each.



TIP

Sweet potatoes and regular potatoes contain the same amount of carbohydrate, with the sweet potatoes having slightly higher fibre and more vitamin A. Sweet potatoes do offer a lower glycemic index than that of regular potatoes.