

## Ingredients

**1½ Tbsp** (22.5 mL) oil, divided  
**2 Tbsp** (30 mL) all-purpose flour  
**½ 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  $\frac{1}{2}$  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  $\frac{1}{2}$  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.