



Chicken, Kale, and White Bean Stew

This hearty stew provides women with almost half of their daily fiber needs and men with one third. Plus, you'll get lean protein from the chicken and beans, B vitamins, iron, and antioxidants — all key nutrients for optimal health and an active lifestyle.

INGREDIENTS

2 teaspoon canola oil

1/2 medium onion, chopped

2 cloves garlic, minced

4 ounces sliced mushrooms

1 pound boneless, skinless chicken breasts, cut into pieces

1 bunch kale (about 3/4 pound), stems removed and cut into ribbons

1 15-ounce can diced tomatoes

1/4 cup no-salt-added tomato paste

1 15-ounce can cannellini beans, rinsed and drained

Freshly ground pepper to taste

Servings: 4

PREPARATION

1. Heat oil on medium heat in large skillet.
2. Saute onion, garlic, and mushrooms for 3 to 4 minutes.
3. Add chicken and cook for 3 to 4 minutes, until no longer pink on the outside.
4. Add the kale in two or more batches and cook until wilted.
5. Stir in the tomatoes and tomato paste, then add the beans.
6. Simmer for 10 to 15 minutes.

NUTRITION

Per serving: 370 calories; 42g carbohydrates; 11g fiber; 4.8g fat; 40g protein; 473mg sodium; 0.7g saturated fat; 85mg cholesterol