

Quick Chick and Kale Supper

Ingredients:

- 10-12 large kale leaves, stems stripped and leaves chopped
- 1 boneless, skinless chicken breast, pounded to even thickness
- 2 TBS olive oil
- 1 TBS chopped garlic
- 1 can (14-15 oz) fire roasted or Mexican style tomatoes
- 1 can beans – black or cannellini – rinsed and drained
- 1 tsp mixed Italian herbs (oregano, basil, rosemary ,red pepper flakes)
- coarsely grated parmesan cheese

Directions:

Heat oil in sauté pan on medium heat and add garlic.

Stir 2 minutes.

Add kale and cook 4 minutes with lid on.

Stir once or twice while cooking.

Push kale to side of pan and add chicken.

Cook 2 - 4 minutes on both sides (depending on thickness of meat).

Turn heat to medium low and add tomatoes and beans.

Season with herbs.

Heat until mixture bubbles and chicken is no longer pink.

Transfer to serving dish, slice chicken, and sprinkle with cheese.

Serves 2 generously.