

Kale & Sweet Potato Stir-Fry with EverRoast Chicken & Quinoa

Everyday EverRoast Recipe Book
www.boarshead.com

Servings: 4

2 tablespoons olive oil
1 small yellow onion, coarsely chopped
3 green onions (white part only), coarsely chopped
2 medium sweet potatoes, peeled & cut lengthwise then sliced into half-moons
1 cup water
2 tablespoons soy sauce
1/2 teaspoon hot sauce of choice
1 bunch (about 6 cups) kale, cleaned and coarsely chopped
1 pound (1/2-inch sliced) Boar's Head EverRoast Chicken Breast, julienned
1 cup dry quinoa, cooked

In a large skillet or wok, heat the oil and saute' the onions until tender.

Add the potatoes and the water.

Stir in the soy sauce and hot pepper sauce. Cover and cook for 5 minutes until the potatoes are tender.

Add the kale. Cook for another few minutes.

Fold in the EverRoast chicken.

Serve over the cooked quinoa.

Per Serving (excluding unknown items): 152 Calories; 7g Fat (41.0% calories from fat); 2g Protein; 21g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 533mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 1 1/2 Fat.