



Chipotle barbecue chicken with crispy kale & sweet potato

Makes: **1 serving**

Prep: **8 min**

Cook: **10 min**

Ingredients

85g uncooked skinless chicken breast

1 small sweet potato, baked or microwaved

2 cups finely chopped kale

1 Tbsp barbecue sauce

2 cloves garlic, minced

1 tsp olive oil

1 tsp honey

1/4 tsp cinnamon

1/4 tsp chipotle powder

Salt and pepper, to taste

Looking for plant-based? Just replace the **chicken** with tofu and sauté in the skillet for about 6 minutes. Or you could even go with 1 cup of black beans and just skip the sweet potatoes, to keep your total carbohydrates and calories on track.

If **sweet potatoes** are not your favourite, or if you are managing kidney disease, replace them with $\frac{2}{3}$ cup of whole grain, like whole wheat pasta, brown rice, quinoa, whole grain tortilla (20cm), or whole wheat couscous. $\frac{2}{3}$ cup of your favourite beans would work here as well!

Not a fan of **kale**? Replace with your favourite greens, like spinach, collard greens, kohlrabi, bok choy, broccoli rabe, chard, mustard greens, or beet greens.

Choose brands of **barbecue sauce** with tomatoes as the first ingredient and without high fructose corn syrup.

Nutrition information per serving

Calories	Total Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
314	8 g	1 g	332 mg	53 mg	39 g	8 g	18 g	26 g	1067 mg