



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

¼ tsp cinnamon

¼ 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.

Preparation

Preheat an outdoor grill or use grill pan on the stovetop. Grill chicken breast until internal temperature reaches 165°F, about 3-4 minutes per side. Mix barbecue sauce with chipotle powder and brush on grilled chicken. In a skillet over medium heat, sauté garlic and kale in oil for 4 minutes until kale is crisp-tender, then season with salt and pepper. Top sweet potato with honey and cinnamon.

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

