

Honey Chicken Bites with Kale Rice

By Chef Carine



INGREDIENTS:

- 1 lb. boneless, skinless chicken breast
- 4 Tbsp. olive oil
- 5 garlic cloves, minced
- 1/4 cup honey
- 3 Tbsp. chicken broth
- 1 lemon
- 1 cup brown rice
- 1 cup kale, chopped
- 1 1/2 cups water

DIRECTIONS:

1. In a saucepot add 2 Tbsp. olive oil and bring to medium heat. Add-in 2 Tbsp. garlic and kale and sauté for 2 minutes.
2. Add rice and stir for 1 minute.
3. Add water and bring to a boil, then turn heat to low and let simmer for about 20 minutes.
4. While rice is cooking, cut chicken breast into 1 inch cubes.
5. On a frying pan add 2 Tbsp. olive oil and bring to medium heat.
6. Add chicken and sear on all sides, then add-in remaining garlic, lemon juice, broth, and honey.
7. Cook until sauce gets thick and chicken is 165°F.

Nutrition Facts

servings per container

Serving size 6 chicken bites
and 1/2 cup rice

Amount per serving

Calories **320**

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 40mg 2%

Total Carbohydrate 38g 14%

Dietary Fiber 2g 7%

Total Sugars 12g

Includes 11g Added Sugars 22%

Protein 20g

Vitamin D 0mcg 0%

Calcium 16mg 2%

Iron 1mg 6%

Potassium 365mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SHOPPING LIST

Week 2: Honey Chicken Bites with Kale Rice

Fruit:

- No fruit this week

Vegetables:

- 1 bunch kale- \$2.89

Protein:

- 1 pound boneless skinless chicken breast- \$6.89

Dairy:

- No dairy this week

Grains:

- 1 bag brown rice- \$1.19

Herbs, Spices & More:

- 1 head garlic- \$1.04
- 1 bottle honey- \$4.89
- 1 can (14.5 ounces) low sodium chicken broth- \$1.19
- 1 lemon- \$0.99
- olive oil, salt and pepper


Healthy Options
Cooking at Home

Grocery cost: \$19.08

Recipe cost: \$13.23

Cost per meal: \$2.21

*prices found at your local Wegmans store