



From the Kitchen of Executive Chef Jessica VanRoo

Braised Chicken Thighs with Kale and White Beans

Serves 4

558 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Kale is beneficial for brain function because it has lots of vitamin K, folate and lutein, which has been shown to reduce cognitive decline. This well-known superfood is also chock-full of calcium and other nutrients needed to regulate sleep and produce melatonin.

Chicken, too, is high in tryptophan, a protein building block the human body doesn't produce on its own. Add white beans to the mix and you have a one-pot recipe that is filling and a great way to boost your body's health defenses for sleep and cognition.

Total cost: \$14.61/\$3.65 per serving

Ingredients

- 8 bone-in chicken thighs
- 1 onion, diced (about 1 cup)
- 1 leek, thinly sliced, using white and green parts
- 8 cups kale, loosely packed, about 2 bunches, stems removed
- 3 teaspoons minced garlic (about 3 cloves)
- 2 stems fresh thyme or ½ teaspoon dried
- ¼ cup capers, drained
- 1 15 oz can cannelloni or great northern beans (drained and rinsed)
- 1 ½ cups chicken broth or stock
- 1 tablespoon Dijon mustard
- 1 tablespoon avocado oil
- 1 lemon, zested and juiced (reserve for last)
- Salt and pepper to taste



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Instructions

1. Remove skins from thighs, reserving one skin.
2. Season thighs with salt and pepper.
3. Heat avocado oil in a large skillet or pot with a lid over medium-high heat.
4. Add chicken skin, cook 30 seconds, until skin fat has merged with the oil, then remove.
5. Add thighs to pot, brown lightly for a few minutes, then remove and set aside.
6. Add onion, sautéing until it begins to turn translucent.
7. Add leeks and garlic, cooking until leeks wilt.
8. Add stock, mustard, thyme, capers and lemon zest.
9. Stir in kale leaves and beans, and mix.
10. Return chicken thighs to the pot, cover and simmer on low heat for 30-45 minutes.
11. Remove from heat and serve with quinoa or preferred grains.