



**From the Kitchen
of
Executive Chef
Jessica VanRoo**



Sweet Potato and Garlic Kale Stir Fry

Serves 4

125 calories per serving

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

Stir-fry recipes are often high in calories and fat due to the heavy oils used during the cooking process. Not this one. It calls for a very small amount of avocado oil, which is a heart-healthy, monounsaturated fat. And we use fresh garlic and onion to add flavor instead of oils and butter.

This flavorful dish combines two super foods. Kale is full of antioxidants, fiber and, surprisingly, 100% of the daily recommended amount of calcium! Sweet potato – which can be orange, purple or white – is also rich in fiber, antioxidants, vitamins and minerals.

Because antioxidants help fight off cancer-causing free radicals, this dish of kale and sweet potatoes gives your health a boost in multiple ways!

Total cost: \$5.01/ \$1.25 per serving



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Sweet Potato and Garlic Kale Stir Fry

Ingredients

- 1 tablespoon avocado oil (\$0.15)
- 2 cups peeled sweet potatoes, cut in ½-inch cubes (about 2 medium potatoes) (\$2.20)
- ½ cup sliced red onion (about ½ onion) (\$0.52)
- 1 tablespoon minced garlic (about 3 cloves) (\$0.15)
- 2 tablespoons water
- 4 cups kale, stems removed, leaves roughly chopped (about 1 bunch) (\$1.99)
- Salt and pepper to taste

Instructions

1. Heat large pan over medium-high heat, add oil and swirl to coat.
2. Add potatoes and onion, sauté, stirring occasionally for about 8 minutes, or until potatoes begin to soften.
3. Add garlic and cook until fragrant, about 20-30 seconds.
4. Add water and cover with lid.
5. Cook for 3-5 minutes or until potatoes are almost cooked.
6. Add kale to pan, stir well and continue cooking until kale is wilted and soft, about 3 minutes.
7. Season with salt and pepper to taste.
8. Serve hot in a serving dish that allows the color of the sweet potatoes to dazzle.