

Braised Chicken with Kale

From – *myrecipes.com*

2 Tbsp canola oil, divided
4 chicken leg quarters, skinned
½ tsp freshly ground black pepper
¼ tsp salt
¼ cup all-purpose flour
5 garlic cloves, chopped
1 bunch kale, chopped
14.5 oz can no-salt-added fire-roasted diced tomatoes, undrained
14.5 oz can chicken broth
1 Tbsp red wine vinegar

- Preheat oven to 325 degrees.
- Heat a Dutch oven over medium-high heat. Add 2 tsp canola oil.
- Sprinkle chicken with black pepper and ¼ tsp salt.
- Place flour in a dish and dredge chicken.
- Place 2 leg quarters in pan and cook for 1 ½ minutes on each side. Remove from pan. Repeat procedure with 2 tsp oil and remaining 2 leg quarters. Remove from pan.
- Add remaining 2 tsp oil to pan. Add garlic. Cook for 20 seconds.
- Add half of kale. Cook for 2 minutes. Add remaining half of kale. Cook 3 minutes.
- Stir in tomatoes and broth. Bring to a boil.
- Return chicken to pan.
- Cover and bake at 325 for 1 hour and 15 minutes.
- Remove chicken from pan. Stir in vinegar.
- Serve chicken over kale mixture.



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