

# Easy Wok Chicken and Sweet Kale Stir-Fry

Serves 4

- 1 lb boneless skinless chicken breasts (about 4 oz each)
- 2 tsp Canola oil

## Make Sauce

- 1 Tbsp low-sodium soy sauce
- 2 Tbsp ketchup
- 1 tsp sesame oil
- 1 Tbsp cider vinegar
- dash hot sauce
- ½ cup low-sodium chicken stock
- 2 Tbsp cornstarch
- 1 Tbsp granulated sugar

## Heat in Pan

- 1 tsp avocado oil
- 4 cloves garlic, minced

## Vegetables

- ¾ to 1 bag Sweet Kale Vegetable Salad Kit (28 oz kit)  
**Use vegetables only** (Contains 7 Superfoods) not dressing

1. Whisk together soy sauce, ketchup, oil, vinegar, and hot pepper sauce. Brush 2 Tbsp (30 mL) over chicken. Whisk chicken stock, cornstarch, and sugar into remaining soy mixture; set aside.
2. In wok (or large frying pan), heat 2 tsp (10 ml) oil over high heat. Place chicken close together on bottom of pan. Reduce heat to medium; cook, turning once, for 8 – 10 minutes or until no longer pink inside. Transfer to plate; slice into strips. Cover and keep warm.
3. Heat 1 tsp (5 mL) oil in wok over high heat; add garlic and stir for 30 seconds. Add vegetables and stir occasionally for 3 - 4 minutes. Add cooked chicken; toss to combine.

<b>Nutrition Facts</b>	
Serving Size (273g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein 18g</b>	
Vitamin A 90%	• Vitamin C 220%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Sweet Kale Vegetable Salad Kit



Large bag 28 oz

Small bag 12 oz