

**Chicken Stir-Fry with Cauliflower and Kale** (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

*Lots of vegetables make for a nutrient-dense stir-fry. A few leaves of kale are added for texture and color and make a nice change from broccoli. Although the recipe looks long, it is really quite easy to make and very tasty to eat.*

3 boneless, skinless chicken breasts halves, cut into  $\frac{3}{4}$  inch cubes  
1 Tbsp tamari  
1 Tbsp balsamic vinegar  
1 tsp toasted (dark) sesame oil  
3 tsp canola oil or light unrefined sesame oil  
3 quarter-size slices fresh ginger  
2 garlic cloves, peeled and cut into very thin slices  
1 celery stalk, thinly sliced on the diagonal  
1 medium carrot, peeled and sliced on diagonal  
2  $\frac{1}{2}$  -3 cups cauliflower florets  
4-6 kale leaves, washed, stemmed, and chopped  
1 small red pepper, halved and sliced vertically into matchsticks  
salt to taste  
sauce:  
 $\frac{3}{4}$  cup water  
1 Tbsp tamari  
1 Tbsp kuzu or arrowroot  
 $\frac{1}{2}$  tsp toasted (dark) sesame oil

Place the chicken cubes in a medium-size bowl. Sprinkle on the 1 Tbsp tamari, balsamic vinegar, and 1 tsp toasted sesame oil. Marinate while you continue with recipe.

In a large wok, heat 1 tsp of canola or light sesame oil. Add the ginger and garlic and cook for 30 seconds. Add celery and carrot and toss to coat with oil. Cover and cook for 1 minute.

Add cauliflower and kale and toss to combine. Cover and cook for 2 minutes, adding 1-2 Tbsp water to help create steam. Remove cover to stir vegetables and to make sure they are not burning.

Add the red pepper and a pinch of salt. Cover and cook 1 more minute. Remove vegetables to a plate and keep warm.

In the same wok, heat the remaining 2 tsp canola or light sesame oil. With a slotted spoon, remove half the chicken from the marinade and stir fry over high heat for 4-5 minutes, or until meat is cooked. Check center of a cube to make sure. Remove to the plate with the vegetables. Repeat with the remaining chicken. You need not add any extra oil because the oil

in the remaining marinade will be sufficient to lubricate wok.

In a small bowl, stir together the sauce ingredients. Add to the wok and cook until clear and thickened. Return vegetables and cooked chicken to the wok and heat through. Serve immediately with more tamari, if desired.

Variations: Try using mushrooms, bean sprouts, bamboo shoots, or water chestnuts in the stir-fry.