

Parmesan Chicken and Kale Sauté

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/red-russian-kale-saute-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 1/2 pounds boneless, skinless chicken breasts cut into 1/2-inch-thick strips
- kosher salt
- freshly ground black pepper
- 1 onion medium, diced
- 3 cloves garlic minced
- 1 pinch red pepper flakes
- 1 bunch kale flat-leaf, about 12 ounces, stems removed and leaves coarsely chopped
- 1/2 cup dry white wine
- 1/2 cup grated Parmesan cheese
- 1 tablespoon lemon juice freshly squeezed

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 120 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 44 grams
7. SaturatedFat: 5 grams
8. Sodium: 640 milligrams
9. Sugar: 2 grams

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