



COOKING FOR WELLNESS

CANCER SUPPORT
COMMUNITY
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GIANT
EAGLE
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CURRIED SWEET POTATO AND KALE

YEILDS: 4 SERVINGS

INGREDIENTS

3 Tbsp extra-virgin olive oil, divided
1 onion, chopped
2 lbs sweet potato, peeled and sliced
into ½-inch cubes
5 garlic cloves, minced
2 tsp grated fresh ginger
2 tsp curry powder
2 large bunches of kale (about 2 lbs),
stemmed and chopped
1 cup vegetable broth
1 (14-ounce) can full-fat coconut milk
1 Tbsp lime juice
½ cup chickpeas
Salt, to taste
Freshly ground black pepper, to taste
Red pepper flakes (optional), to taste
1 ½ cups brown basmati rice, optional

INSTRUCTIONS

1. Warm 2 Tbsp olive oil in a Dutch oven over medium heat. Add onion and cook, stirring frequently, until softened, about 5 minutes. Add garlic, ginger and curry powder and cook, stirring constantly, until fragrant, about 30 seconds
2. Add sweet potato, cover and cook, stirring occasionally, until the sweet potato is bright orange about 3 minutes.
3. Add 1 Tbsp olive oil to the pot and raise the heat to medium-high. Add half of the kale and stir until it begins to wilt, about 1 minute. Stir in remaining greens, broth, all but ½ cup coconut milk and ½ tsp salt.
4. Cover pot, reduce heat to medium low, and cook, stirring occasionally, until kale is wilted, about 10-12 minutes.
5. Meanwhile, toast the chickpeas in a medium skillet over medium-low heat, stirring frequently for about 5-7 minutes.
6. Once the kale and sweet potatoes are tender, uncover the pot and increase heat to medium-high. Cook, stirring occasionally, until most of the liquid has evaporated and sauce has thickened, 2 to 5 minutes.
7. Stir in chickpeas, then remove from heat and stir in the remaining coconut milk. Add the lime juice and season with salt, pepper and optional red pepper flakes, to taste. Serve with rice.