



CHEF JOE BROWN, MELANGE CAFE

www.melangerestaurants.com

CHICKEN FINGERS WITH COLLARD GREENS

Ingredients:

½	breast of chicken
1 cup	whole wheat or white flour
	bunch of collard greens
2 Tbsp	olive oil
3 slices	turkey bacon
1	onion
1 tsp	minced garlic
	pinch of red pepper flakes
¼ cup	red wine vinegar
1 cup	pre-cooked white beans
2 Tbsp	chicken stock

Nutrition Facts

Serving Size 179 g

Amount Per Serving

Calories 339

Calories from Fat 26

	% Daily Value*
Total Fat 2.9g	4%
Saturated Fat 0.5g	3%
Cholesterol 52mg	17%
Sodium 291mg	12%
Total Carbohydrates 48.5g	16%
Dietary Fiber 1.8g	7%
Sugars 7.5g	
Protein 24.9g	

Vitamin A 1%

Calcium 2%

Vitamin C 1%

Iron 19%

* Based on a 2000 calorie diet

Directions:

Cut chicken in thin strips. Season flour with salt and pepper and add chicken strips to mixture to coat, remove strips.

Prepare a bunch of collard greens by washing them, pulling ribs out, stacking them up, folding and chopping them up.

Add olive oil to a frying pan, when oil is hot, sauté chicken until golden brown. Remove chicken and let oil drain on a plate lined with paper towel. Pour out excess fat from pan.

Add turkey bacon cut into strips, onion cut in medium slices, collard greens, garlic, pinch of red pepper flakes, red wine vinegar, white beans and chicken stock. Let it simmer then add salt last to taste.

Serve greens with chicken fingers.

Serves 2

For more information please visit:

WHYY.org/widerhorizons/chefsguide.html