

Chicken, Roasted Artichokes and Amaranth
(Serves 4)

- 1 1/4 lb. ground chicken (white meat only)
- 1 T olive oil
- 1 cup cooked artichokes quartered (fresh or canned)
- 1 bunch kale chopped roughly
- 1 medium sliced onion
- 1 T sliced garlic
- 1 C sliced black or kalamata olives
- 2 C button mushrooms quartered
- 1 C chicken stock or water
- 1 Cup Amaranth Grain (follow box directions for the amount of water to add)
- S and P to taste
- 2 T dried oregano

1. Heat sauté pan over high heat with 2 tsp. olive oil. Add ground chicken and season with salt, pepper, and dried oregano. Allow meat to brown and cook through fully. Pour into colander and set aside.
2. Place pan back on stove on medium heat. Add garlic and onion and cook for 3-4 minutes.
3. Add mushrooms and cook for an additional 2-3 minutes. (note: after adding mushrooms - pan may become very dry - add 1/4 cup of water and using a wooden spoon, scrape the bottom while stirring). TASTE.
4. Add kale and cook for 3 minutes or until it begins to wilt. Pour stock and olives into vegetables, cover the pot and cook for 6-7 minutes until kale is tender and liquid is almost gone. TASTE.
5. Add your ground chicken and artichokes back to the vegetable sauté and toss until well combined. TASTE.
6. Add the cooked amaranth and serve.