



Mediterranean Chicken & Kale

shared by:
Fire Station 34
19365 SW 90th Court, Tualatin



At Station 34, we like to serve this chicken over a bed of quinoa alongside the sautéed kale. You can also substitute other types of cabbage such as napa or escarole if you like.

Ingredients

1 pound. boneless, skinless chicken breasts cut into small chunks
Olive oil
1/2 onion, chopped
6 garlic cloves, chopped
1 teaspoon dried oregano
1 can chickpeas, drained and rinsed
1 can stewed tomatoes
3 tablespoons pitted kalamata olives, chopped
1 jar artichoke hearts in water, chopped
1 teaspoon red wine vinegar
Salt and pepper to taste
1 large bunch kale cabbage, cleaned and torn into small pieces

Directions

Heat a large skillet over medium-high heat. Add olive oil, chicken, and onion to pan and cook until chicken begins to brown. Turn down the heat and add 4 of the garlic cloves, oregano, chickpeas, stewed tomatoes, and olives. Cover and simmer for 20 minutes. Stir in the artichoke hearts and wine vinegar; cook 5 minutes more. Season with salt and pepper. In another skillet, heat a little olive oil. Add kale cabbage and remaining garlic. Season with salt and pepper. Cover pan and cook until wilted. Serves 4.

Station 34 was updated in 2010 using funds from TVF&R's voter-approved bond. The building was seismically reinforced and houses one of two of TVF&R's Hazardous Materials Teams. It includes space for HazMat planning and training. In addition to HazMat-trained firefighters the station houses a quint, HazMat apparatus, and a CAR. Station 34 is one of 13 HazMat teams in Oregon and is specially trained to respond to and mitigate hazardous materials incidents locally, regionally, and across the state.