

Sautéed Kale and Mushrooms

EASY | RECIPE

1 lb **kale** (yields 8-9 cups)
1 tbsp **olive oil**
2 cups **crimini mushrooms**,
wiped clean, halved
1 tsp minced **garlic**
½ cup **low-sodium**
chicken broth
Salt and **pepper** to taste
1 tbsp **red wine vinegar**
1 tbsp grated **Romano**
cheese

1. Rinse kale well; trim stems and thicker stalks, and chop.
2. Heat oil in large skillet over medium heat; add mushrooms and garlic, and cook 2 minutes.
3. Add broth and kale, cover and steam 8 minutes.
4. Remove lid, and continue to cook stir for 7 to 8 minutes, until liquid evaporates and kale wilts.
5. Season with salt and pepper, stir in vinegar. Sprinkle lightly with cheese and serve immediately.



Makes 5, 1-cup servings. Per serving:

99 calories | 7.6g protein | 4.8g fat | .7g saturated fat | 1mg cholesterol | 13g carbohydrates | 0g sugar | 4.5g fiber | 99mg sodium