

## 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