



Winter Recipe III

Kale with Garlic Mushrooms

Makes 3 servings or 2 ½ cups

The savory topping makes this an easy, soul-satisfying way to enjoy plain cooked greens.

Kale:

½ pound bunch kale, ends trimmed

Water

Garlic Mushrooms:

1 teaspoon olive oil

¼ pound shiitake mushrooms, 2 cups, stems trimmed, caps sliced

1 large clove garlic, thinly sliced

¼ teaspoon sea salt

2 tablespoons kale cooking broth

1. Rinse, stack and cut greens down center midrib, then lengthwise to cut each half in half. Cut in 1/2-inch pieces crosswise. Bring 2 inches water to boil in a 4-quart pot. Add greens, press with a flat mesh strainer/skimmer to submerge, and cook until tender and bright green, 5 or 6 minutes after boiling resumes.
2. Meanwhile, in a medium skillet, heat oil and add mushrooms, garlic and salt. Stir and cover until mushrooms exude their juices, in several minutes. Add kale cooking broth.
3. Drain kale, and serve either mixed or topped with *Garlic Mushrooms* in their broth.

For 3 servings, per serving:

Calories: 88 Protein: 3gm Saturated Fat: 0.3gm Fiber: 2gm Carbohydrates: 14gm Fat: 2gm

Cholesterol: 0 Sodium: 165mg

Calories from Protein: 15% Calories from Fats: 22% Calories from Carbohydrates: 63%