

Sautéed Kale

Sometimes Kale needs a little something to make it tasty. Serve this as a side dish to grilled chicken.

Prep Time: 10 mins

Cook Time: 5-8 mins

Ingredients:

- ½ cup diced onions
- ½ cup dice red pepper
- 4 cups chopped kale
- 2 tablespoons butter or Olive Oil
- ½ cup chicken stock (or vegetable stock)

Directions:

1. Melt butter in skillet, add onions and red peppers. Cook 2 minutes or until soft.
1. Add kale and chicken stock into skillet and cook for 4-5 minutes or until soft.

Nutritional Information:

6 servings

Serving Size: ½ cup

Per serving: 327 cal, 24g fat, 14g protein, 4mg fiber, 109mg sodium