

Kale with Mushrooms

10 oz. kale, chopped
1 tbsp. of olive oil
½ cup finely chopped onions
1 tsp. minced garlic
1 cup chopped mushrooms
1/3 cup cooking white wine
Chicken stock
Sprinkle with shaved parmesan cheese, optional

Directions:

Sauté yellow onions in olive oil until caramelized. Deglazed with the white cooking wine then add garlic and mushrooms. Stir. Add chopped kale to mixture. Then, add chicken stock until $\frac{3}{4}$ covered. Cover with lid and simmer 25-30 minutes. Sprinkle with shaved parmesan cheese, if desired.

Serves 4.

Nutrient Analysis, per serving: 91 calories, 9g. carbohydrate, 4g. protein, 5g. fat, 151mg. sodium