

Garlic Kale with Mushrooms



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



COURSE

Dinner, Sides, Vegetables



SERVINGS

4 servings

CALORIES

81 kcal

INGREDIENTS

- 1 tsp olive oil
- 6 cloves garlic minced
- 1/4 tsp salt
- 1 lb Kale stems removed and chopped
- 8 oz Mushrooms sliced
- 1/4 tsp black pepper

INSTRUCTIONS

1. Preheat a large skillet or frying pan over low/medium heat.
2. When the pan is hot, add olive oil and garlic. Saute garlic for 2 minutes.
3. Add mushrooms to the pan and sprinkle with salt. Raise the heat to medium. Cook while stirring until the mushrooms are soft and brown.
4. Add the kale and pepper and saute for up to 10 minutes until the kale is soft.

NUTRITION

Nutrition Facts

Garlic Kale with Mushrooms

Amount Per Serving

Calories	81	Calories from Fat	18
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		% Daily Value*	
Fat	2g	3%	
Carbohydrates	13g	4%	
Protein	5g	10%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!