

Creamy Alfredo Kale, Gluten Free

Yield:	1	lb.
Serving # & Size:	4	(2 oz.) Servings
Meal Part:	Side	
Cuisine:	Italian	
Category:	Culinary Prepared Hot	
Channel:	C&U	FSR
Classification:	Side Dishes—Vegetable	
Prep Time:	5 min.	Cook Time: 5 min.
Cost:	Cheap	Difficulty Easy



Description: A fresh seasonal side dish featuring *Stouffer's®* Alfredo Sauce.

Ingredients	Weight	Metric	Measure
Oil, olive	1/2 fl. oz.		1 Tbsp.
Kale, blanched, chilled and cut into bite-size pieces	3 oz.	g	1 cup
Onions, pearl, peeled, blanched, chilled	3 oz.	g	1/2 cup
Stouffer's ALFREDO SAUCE GLUTEN FREE , hot	3 fl. oz.	g	1/3 cup
Parsley, chopped		g	1 Tbsp.

Procedure

1.	Heat oil in a sauté pan over medium heat. Add kale and onions. Cook until hot, approximately 2-3 minutes.
2.	Add Alfredo Sauce and parsley. Toss to coat. Serve immediately.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.