



SAUTEED KALE AND MUSHROOMS

This delicious, colorful main dish also can be made with turnip greens or Swiss chard.

Ingredients:

1/8 cup water
1 lb. kale, stemmed and torn into large pieces
1 cup diced uncooked red potatoes, with skins
1-2 Tbs. olive oil
1 cup chopped or sliced Portobello mushrooms
2 medium shallots, minced
2 cloves garlic, minced
Salt and freshly ground black pepper to taste

Directions:

1. In large, wide skillet, heat oil over medium heat. Add mushrooms, shallots and garlic, and potatoes. Cook, stirring often, until shallots are soft and mushrooms are tender, about 3-4 minutes. Season with salt and pepper to taste. Add potatoes and water, and steam for 5-10 minutes more, until potatoes are done.
2. Add kale to mushroom mixture and cook, stirring often, about 1 minute. Cover and cook until kale is bright green, about 3-5 minutes. Serve warm. Makes 4 Servings.