

## **Kale with Mushrooms & Garlic**

*Serves 4*

### **Ingredients:**

- 1 tsp olive oil
- 6 cloves garlic, minced
- 1/4 tsp salt
- 8 oz sliced mushrooms (approx 2 cups)
- 1 lb kale, cleaned & stems removed, sliced or torn

### **Directions:**

Sauté garlic in the olive oil on medium heat, being careful not to burn.

Add mushrooms and sprinkle salt, cook 5-7 minutes. Stir often until lightly browned.

Add kale, sauté approx 10 minutes, until tender and cooked down. Add water if pan seems dry.

Serve immediately.

*Nutritional info not available at this time.*

