

Simple Sautéed Mushrooms & Kale

Ingredients

- 1 Tb. canola oil
- 2 c. mushrooms (any type), sliced
- ¼ tsp. salt
- 1 tsp. garlic powder (or 2 cloves)
- 2 c. kale, sliced or torn into pieces
- Ground black pepper, to taste
- Crushed red pepper, to taste

Nutrition Tip: Sautéed veggies are versatile, easy to make, and add nutrients to meals. You can sauté any veggies you have and combine with a grain and a protein for a complete meal. Ideas -- top creamy polenta with sautéed veggies and goat cheese, or combine them with beans and rice to make a yummy burrito.



Directions

1. Preheat a large skillet over medium heat.
2. Add oil to the pan and allow it to get hot (test with a sprinkle of water - it should sizzle).
3. Add the mushrooms, salt, and garlic. Let them cook for ~5 minutes, stirring often, until the moisture has released and the mushrooms are lightly browned.
4. Add the remaining ingredients and sauté for a couple more minutes until the kale is tender. Add splashes of water if the pan seems dry. Serve immediately or refrigerate for later.

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