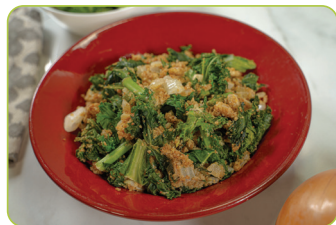


Garlic Kale

INGREDIENTS

- 2 teaspoons canola, corn, **OR** olive oil
- 1 cup chopped onion
- 1 tablespoon bottled minced garlic **OR** 6 medium garlic cloves, minced
- ½ cup plain dry bread crumbs
- 8 ounces packaged chopped fresh kale (about 5 cups)
- ½ cup fat-free, low-sodium chicken broth **OR** vegetable broth
- Red hot-pepper sauce to taste (optional)



SERVINGS: 6

SERVING SIZE: ½ cup

COST PER SERVING: \$0.75

CALORIES

81 Per Serving

PROTEIN

3g Per Serving

FIBER

2g Per Serving



STEP 1: In a large nonstick skillet, heat oil over medium heat. Cook the onion for 3 minutes, stirring frequently.



STEP 2: Stir in the garlic. Increase the heat to medium high. Cook for 30 seconds, stirring frequently.



STEP 3: Stir in the bread crumbs. Cook for 3 minutes, stirring frequently. Transfer to a small bowl.



STEP 4: Stir together the kale and broth. Reduce the heat to medium. Cook, covered, for 6 minutes, stirring occasionally.



STEP 5: Stir in the bread crumb mixture. Sprinkle with the hot-pepper sauce.



ENJOY!