

Rosemary Mushrooms & Kale – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes

Serving Size: 2
Calories per serving: 313
Fat per serving: 1 gram

www.StraightUpFood.com, by Cathy Fisher

Ingredients

- 1/2 cup water
- 1 large yam or sweet potato, skin on, cut into 1/2-inch slices
- 1 clove garlic cut in half
- 1 bunch curly kale, roughly chopped, end stems trimmed
- 6 large cremini mushrooms or 4 portobellinis (small Portobellos)
- 2 sprigs fresh rosemary

Instructions

1. Place 1/2 cup water in a large fry pan or skillet with the yam slices and garlic and bring to a boil.
2. Place the kale on top followed by the mushrooms (place them stem side up). Lay the two sprigs of rosemary on top and cover.
3. Decrease heat to medium-low and steam for 10-15 minutes, until the yams are easily pierced with a knife.
4. Remove the rosemary and serve immediately, dividing between two plates or pasta dishes.

Notes

Nutrition facts (per serving): Calories: 313, from fat: 0, total fat: 1g, cholesterol: 0mg, sodium: 98mg, total carbohydrate: 58g, fiber: 6g, sugar: 17g, protein: 17g.