

Sautéed Kale and Mushrooms with Ginger – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes

Serving Size: 4
Calories per serving: 161.9
Fat per serving: 2.1 grams

'Bravo!', by Ramses Bravo, p-77.

Ingredients

- 1 small yellow onion, thinly sliced
- 3 tablespoons peeled and chopped fresh ginger
- 3 cloves garlic, chopped
- 20 large shiitake mushrooms, stemmed and sliced
- 30 large lacinato kale leaves, stemmed and cut into 1-inch pieces
- 1/4 cup vegetable broth
- 1 teaspoon sesame seeds, toasted
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Instructions

1. Put the onion, ginger, and garlic in a large dry saucepan over medium heat and cook, stirring constantly, for 3 minutes.
2. Add the mushrooms and cook for 5 minutes, stirring occasionally.
3. Add the kale and broth and cook for 10 minutes, stirring occasionally.
4. Stir in the sesame seeds and cook for 2 minutes longer.

Notes

Nutrition facts (per serving): Calories: 161.9, from fat: 4, total fat: 2.1g, cholesterol: 0mg, sodium: 104.6mg, total carbohydrate: 33.9g, fiber: 2g, sugar: 2g, protein: 8.8g.