

Winter Squash and Kale Stir Fry



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 4

Prep: 20 minutes | **Cook:** 10 minutes

INGREDIENTS

- 2 tablespoons cooking oil
- 1/2 squash, diced
- 1 bunch kale, chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon chili powder (plus more to taste)
- Black pepper, to taste



DIRECTIONS

1. Heat 1 tablespoon oil in a large skillet over high heat.
2. Add squash and sprinkle with salt, chili powder and pepper. Cook for several minutes, stirring, until squash is golden brown and tender.
3. Remove squash and set aside.
4. Heat 1 tablespoon oil in the same skillet.
5. Add kale and cook for 3-4 minutes, stirring.
6. Add cooked squash to kale and cook until mixture is heated through.

Notes:

- For extra protein add your favorite beans, nuts or seasoned and cooked meat.
- Use mixture as a filling for tacos or quesadillas.

Nutrition Information

Serving size: 1/4 of recipe

Calories	128
Total fat	7 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	168 mg
Carbohydrates	19 g
Fiber	3 g
Sugars	3 g
Protein	3 g

Recipe source: Pioneer Woman