

Kale and Potatoes



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 5

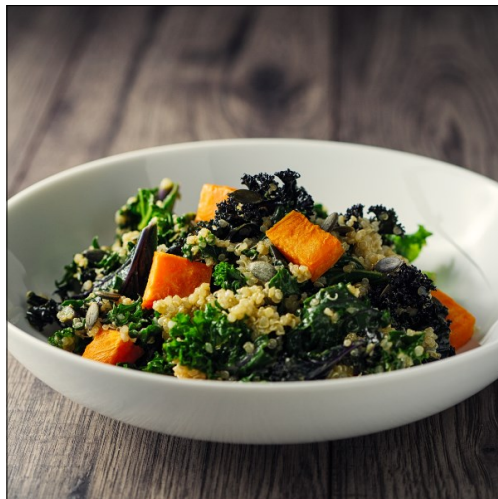
Prep: 10 minutes | **Cook:** 20 minutes

INGREDIENTS

- 1 pound green kale, washed and chopped
- 2 pounds potatoes, sliced thinly
- 1 1/2 tablespoons garlic, minced
- 3 tablespoons vegetable oil
- 1/2 teaspoon salt

DIRECTIONS

1. In a stock pot heat oil and sauté garlic and potatoes until potatoes are tender.
2. Add kale and salt, stir together, and cook until kale is tender. Add a little water if needed.



Nutrition Information

Serving Size: 1

Calories	232
Total fat	10 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	78 mg
Carbohydrates	33 g
Fiber	8 g
Sugars	3 g
Protein	6 g

Recipe adapted from: lenoxhill.org