

Kale and Potato Sauté

Just Say Yes to Fruits and Vegetables

This veggie side will make your whole family say, "Kale yeah!"



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Serves 4 • Serving: 1 cup



What is your favorite type of potato? Try experimenting with different types.

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 3 finely chopped garlic cloves
- 3 diced medium potatoes, with skins
- 1 cup low-sodium chicken or vegetable broth
- 1 bunch kale (about 1 pound), trimmed from stems and chopped into 1-inch pieces
- Salt and pepper, to taste
- Red pepper flakes, to taste (optional)
- 1 tablespoon lemon juice

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook for a few minutes, until soft.
3. Add potatoes and broth, cover, and cook about 15 minutes or until potatoes are soft. Stir occasionally.
4. Mix in kale, cover, and cook for 5 more minutes.
5. Add salt, pepper, and red pepper flakes, if using.
6. Stir in lemon juice just before serving. Enjoy!
7. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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