

## Mediterranean Kale Sauté

by Hannah Brillling, Co-op's Nutrition Specialist

Serves 2-4

### Prep:

Wash Portobellos. Remove stems, but leave fins. Slice in half lengthwise, then cut crosswise into ½ inch pieces.

Wash and de-stem kale (see video). Chop stems into roughly 1 inch pieces. Thinly slice leaves into "ribbons"- long thin pieces, ½ inch thick or less.

Thinly slice red onion and sundried tomatoes. Dice the garlic and prep cheese as needed (crumble feta, etc.)

If serving with pasta, bring water to boil and cook pasta as directed.

### Cook:

You will need 2 skillets. Pre-heat the first with 2 tablespoons of oil over medium heat. Once hot, add Portobello slices. Cook 5-7 minutes, stirring occasionally to keep from sticking.

Meanwhile, in the second skillet, pre-heat remaining oil over medium-low heat. Once hot, add onion and cook 3-4 minutes. Add kale stems and continue to cook for 4-6 minutes.

At this point, your mushroom skillet should be ready to de-glaze: Pour in the sherry vinegar and watch it sizzle! Vinegar should evaporate fairly quickly, then continue to cook the mushrooms. Once soft and dark in color, remove from heat.

Add garlic and sundried tomatoes to the second skillet and cook until fragrant (about a minute). Add kale ribbons in batches: Gently stir to wilt leaves and make space for more, until all leaves are in the pan. Cook 3-5 minutes, until kale is wilted but still dark green (not brown) in color. Remove from heat.

Add cheese, olive oil, and pesto to second skillet. Stir to combine.

To serve, top pasta with kale sauté and Portobello slices!

### Ingredients

- 4 tablespoons oil
- ¼ cup sherry wine vinegar
- 2-4 Portobello mushrooms (1 per person)
- 2 bundles local kale (or one bag from Blue Ox Farm)
- ½ large red onion
- 3-6 cloves garlic
- 3-4 sundried tomatoes
- ¼ cup feta cheese
- Pesto (amount varies)
- Olive oil (see hints)
- Optional: Pasta (see hints)

### SUCCESS HINTS:

Top pasta and make a meal, or use on its own to serve as a side dish.

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If topping pasta, more pesto will be needed.

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Use olive oil as needed to spread the pesto throughout, whether using as a side or main dish.

### OPTIONAL SUBSTITUTIONS:

Balsamic or apple cider vinegars can sub in for sherry wine vinegar. Goat, cheddar, or parmesan cheese can be used in place of feta.

**WHY KALE?** It's hard to find a veggie with more vitamins and minerals than kale. PLUS it has a long growing season in our local climate.