

BRUSSELS SPROUTS AND KALE SAUTE

Low Carb / Diabetes Friendly

Serves: 1/2 cup, serves 12

Nutrition (per serving)

Calories: 126

Total Fat: 9 g

Saturated Fat: 3 g

Sodium: 341 mg

Total Carbohydrate: 9

Protein: 6 g

PREP TIME: 15 min

COOK TIME: 15 min

TOTAL TIME: 30 min



Ingredients

1/4 lb thinly sliced hard salami, cut into 1/4 inch strips

1 1/2 tsp olive oil

2 Tbsp butter

2 lbs fresh Brussel sprouts, thinly sliced

2 cups shredded fresh kale

1 large onion, finely chopped

1/2 tsp salt

1/8 tsp cayenne pepper



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- 1/4 tsp black pepper
- 1 clove garlic, minced
- 1/2 cup chicken broth
- 1/2 cup chopped walnuts
- 1 Tbsp balsamic vinegar

Directions

1. In Dutch oven or heavy pan, cook and stiff salami in oil over medium high heat until crisp; 3-5 minutes. Remove to paper towels to drain. Reserve the drippings in the pan.
2. Add butter to drippings; heat over medium high heat to melt butter. Add Brussels sprouts, kale, onion, salt, cayenne and black pepper. Cook and stir until vegetables are crisp-tender. Add garlic; cook one minute longer.
3. Stir in broth and bring to a boil. Reduce heat; cover and cook until Brussels sprouts are tender, 4-5 minutes.
4. Stiff in walnuts and vinegar. Garnish with salami strips just before serving.