

Sautéed Mushrooms with Baby Kale

Serves 4 as a side dish

Ingredients

2 T olive oil

4 cloves garlic – halved, and thinly sliced

¼ t dried chilies

1# mushrooms – stemmed, and cut into ¼” slices

6 oz baby kale (or arugula)

pinch of salt

1/2 T golden sugar, or coconut sugar (which is what I use, as it’s in my sugar bowl)

1 T white “balsamic” vinegar, or white wine

Directions

Heat the oil in a deep skillet over medium heat.

Add in the garlic slices and chilies.

Gently cook, stirring frequently, for about 3 minutes, until the garlic is golden.

Add in the mushrooms and a pinch of salt, and cook until the mushrooms start to sweat (I prefer “weep”) and turn golden, about 6 minutes.

Add in the kale, all at once.

Stir as it starts to wilt.

Once it has wilted enough that you can easily stir the vegetables, add in the sugar and vinegar or wine.

Keep cooking until the kale has wilted and is dark green.

Serve immediately.

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