

Sauteed Mushroom, Leeks, Kale

Recipe Courtesy of Chef Tre Wilcox

Ingredients

3 tablespoons olive oil

1 cup Portobello mushroom caps -- diced small

1/2 cup leeks -- washed and chopped

1/4 cup sherry

1/2 cup low sodium chicken broth

1 cup kale -- chopped

1 tablespoon low fat margarine

low sodium salt

cracked black pepper

Method

- 1.) In a large saute pan heat olive oil over medium high heat.
- 2.) Saute mushrooms for two minutes.
- 3.) Add leeks and continue to cook for another 45 seconds.
- 4.) Deglaze with sherry and reduce slightly.
- 5.) Next add chicken stock and bring to a boil.
- 6.) Finish with kale, margarine, salt and pepper.
- 7.) Turn off heat, mix well and serve right away.