

RECIPES

Potato, Black Bean and Kale Skillet



Ingredients (4 servings)

4 red potatoes
 2 1/2 cups kale (approximately 6 ounces)
 2 tablespoons olive oil
 1 clove garlic, minced
 1/4 cup chopped onion
 1 teaspoon chili powder
 1/4 teaspoon salt
 1/8 teaspoon cayenne pepper (optional)
 1 15-ounce can of no-salt-added black beans,
 drained and rinsed

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Dice potatoes into 1/4 - inch pieces.
3. Chop kale.
4. Heat oil in large skillet over medium heat. Add garlic and onions. Cook 2-3 minutes until they're just starting to brown.
5. Add diced potatoes, chili powder, salt and pepper (if desired) to skillet. Cover with lid and cook 8-10 minutes, stirring occasionally.
6. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.

Nutrition Information per serving:

222 calories, 12 g fat, 2.5 g sat fat, 11 g protein,
 21 g carbohydrate, 5.7 g fiber, 166 mg sodium

KALE

Choose: crisp deeply colored leaves (beware of yellow or brown patches) and moist, hardy stems.

Store: in a plastic bag, removing as much of the air from the bag as possible. Kale will keep in the refrigerator for five days, but the longer you keep it, the more bitter its flavor becomes. Do not wash before storing.

How much? 1 bunch of kale weighs about 3/4 - 1 pound