

Budget-Friendly Kale and Sausage Sauté

Enjoy this simple dish of greens, beans, and chicken sausage. It can be ready in just 10 minutes!

Prep Time: 10 minutes

Serving Size: 1 cup

This Recipe Serves 6

Ingredients

- 1 tablespoon olive oil
- 3 links Italian style chicken sausage (about 3 ounces each), diced
- 1 onion, diced
- 10 ounce bag chopped kale
- ½ cup low sodium, fat-free chicken broth
- 1-15.5 ounce can cannellini beans, drained and rinsed
- ¼ teaspoon crushed red pepper flakes
- ½ teaspoon ground black pepper



Instructions

1. Add olive oil to a large sauté pan over medium heat.
2. Add diced sausage and onion and sauté until onions begin to turn golden brown.
3. Add the kale and chicken broth and sauté until kale softens.
4. Add remaining ingredients and sauté 3-4 more minutes to heat the beans through.

Recipe cost: \$9.89

Serving Suggestion: Serve with a side of brown rice to round out the meal!

Nutrition Information: (Per Serving)

6 Servings (about 1cup)

170 Calories

6 g Fat

17g Carbohydrate



14 g Protein

Recipe From:

<http://www.diabetes.org/mfa-recipes/recipes/2013-11-budget-friendly-kale-and.html#>

Health Benefits of Iron

Organic Facts
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Aids in formation of hemoglobin

Provides relief from restless leg syndrome

Aids as a carrier of oxygen

Helps increase brain development


Strengthens immune system

Helps cure insomnia & anemia

Aids in energy metabolism in body

Boosts mental & cognitive performance

Helps regulate body temperature



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