

GARLICKY MUSHROOMS AND KALE

Modified from [SeriousEats.com](https://www.SeriousEats.com)

Ingredients

- 1 tsp **olive oil**
- 3 cloves **garlic**, minced
salt and **pepper**, to taste
- 4 oz **cremini** or **button mushrooms**, sliced (about 1 cup)
- ½ lb **kale**, coarse stems removed, leaves sliced or torn into pieces

Preparation

- 1.** Preheat a large skillet over medium heat. Sauté the garlic in the oil for about 2 minutes, being careful not to burn it. Spray it with a little nonstick cooking spray if needed.
- 2.** Add the mushrooms and sprinkle on the salt. Let them cook for 5 to 7 minutes, stirring often, until the moisture has released and the mushrooms are lightly browned.
- 3.** Add the kale and pepper, and use tongs to sauté for about 10 more minutes. Add splashes of water if the pan seems dry. The kale should be tender and cooked down pretty well.
- 4.** Serve immediately.