



## KALE WITH CARAMELIZED ONIONS FROM FRUITS AND VEGGIES MORE MATTERS

**Servings:** 4

**Preparation Time :** 15 Min. or less

**Ingredients:**

- 1 pound fresh kale, chopped
- 1 medium onion, sliced thin
- 1 Tbsp lemon juice (optional)
- Salt and pepper to taste

Nutrition Information Per Serving:	
Calories	130
Total Fat	7g
Cholesterol	0mg
Sat. Fat	0.5g
Sodium	50mg
Carbs	14g
Fiber	3g
Protein	4g

**Directions:**

1. Heat 1 tablespoon of oil in a sauté pan over medium-low heat and add the onions.
2. Cook onions over medium heat very slowly, stirring occasionally, until onions are brown. Do not burn. When finished remove from heat and set aside.
3. In a separate sauté pan, heat remaining tablespoon of olive oil over medium heat. Add chopped kale and sauté until tender, about 8 minutes.
4. Add onions, and if desired, lemon juice. Toss together. Remove from heat and serve.



For more information and recipes visit: [www.uchd.net](http://www.uchd.net)

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