

# KALE AND SAUSAGE SAUTÉ

from diabetes.org

Serves 6 / Prep time: 10 minutes



## Ingredients:

- 1 tbsp. olive oil
- 3 links Italian style chicken sausage, diced
- 1 onion, diced
- 10 oz. of chopped kale
- 1/2 cup low sodium, fat-free chicken broth
- 1 can of cannellini beans, rinsed and drained
- 1/4 tsp. crushed red pepper flakes
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper

## Nutrition Information Per Serving:

Calories	170
Total Fat	6g
Cholesterol	35mg
Sat. Fat	1.4g
Sodium	310mg
Carbs	17g
Fiber	4g
Protein	14g

## Directions:

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



For more information and recipes visit:



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