



refreshingly healthy

Zucchini, Garlic Greens and Tomato

Ingredients:

- 1 medium Tomato
- 2 cups Zucchini w/skin, raw, chopped
- 1 cup Onion, chopped
- 4 cups Kale, raw, chopped, woody stems removed
- 5 cloves Garlic, chopped
- 3 tbsp Olive oil or coconut oil
- 1/2 cup Vegetable broth



Recipe Directions:

Heat skillet until warm, add the olive oil. Add onion until transparent, about 5-7 minutes. Add garlic and sauté another minute or two.

Add Zucchini, tomato and broth. Stir and cook another 3 minutes. Add the Kale** until it's wilted and warm.

Remove from heat and serve.

****Option: You may choose to blanch the kale prior to sautéing.**

To blanch simple bring a pot of water to a boil, add kale for about 1 minute until it turns bright green. Remove from heat immediately and plunge into cold ice water. Then drain and add to sauté pan with zucchini and tomato

Nutrient Analysis:

Calories: 166.38	Protein: 3.92 g	Carbs: 16.37 g	Total Fat: 11.24 g
Sat Fat: 1.62 g	Cholesterol: 0.00 mg	Sodium: 157.37 mg	Fiber: 3.03 g

Serves 4