

## Kale & Brussels Sprouts with Creamy Goat Cheese



### Makes:

4 - 6 servings

### Utensil:

Saladmaster Food Processor  
10" Chef's Gourmet Skillet  
small mixing bowl

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### Recipe:

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### Recipe Description:

Shredded Brussels sprouts and kale pair together in this easy and elegant side dish. Top off the dish with goat cheese chevre and toasted chopped walnuts.

¼ cup  
walnuts, processed, use Cone #3  
(29  
g)  
½ onion, julienned, use Cone #2  
2 cloves garlic, shredded, use Cone #1  
½ pound  
Brussels sprouts, trimmed, processed, use Cone #3  
(287  
g)  
salt and pepper to taste  
½ large head  
kale, stems removed, chopped  
3 ounces  
goat cheese, chevre  
(85  
g)

### Directions:

1. Preheat skillet on medium heat. When water sprinkled on skillet skitters and dissipates, approximately 5 minutes, add walnuts and toast for 3 - 5 minutes until lightly browned and fragrant. Shake skillet occasionally to evenly brown. Remove walnuts and place in bowl; set aside.
2. Add onions to skillet and sauté approximately 5 minutes, stirring occasionally, until onions start to brown and become soft; onions may stick a little bit but this is fine. Add garlic and stir to combine. Sauté for approximately 2 more minutes.

3. Add Brussels sprouts, stir together with onion and garlic, salt and pepper to taste and sauté for another 2 - 3 minutes.
4. Add kale and cover. When Vapo-Valve™ clicks reduce heat to low and cook for an additional 3 - 5 minutes.
5. Remove cover and add small teaspoons of goat cheese to top of mixture. Re-cover skillet and cook for an additional 1 - 2 minutes until goat cheese becomes softened. Top with chopped toasted walnuts and serve.

**Tips:**

- This recipe makes a lovely vegetarian entree served on top of quinoa pilaf.
- Serve with a simple piece of baked or broiled fish.

Nutritional Information per

▼ Serving

**Calories:** 97  
**Total Fat:** 6g  
**Saturated Fat:** 2g  
**Cholesterol:** 7mg  
**Sodium:** 67mg  
**Total** 7g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 2g  
**Protein:** 5g