

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