

Mushroom Kale Grits

4 SERVINGS 20 MINUTES



INGREDIENTS

3 cups Vegetable Broth
1/2 tsp Sea Salt (divided)
3/4 cup Old Fashioned Grits (uncooked)
1 tbsp Extra Virgin Olive Oil
4 cups Kale Leaves (thick stems removed, finely chopped)
8 Cremini Mushrooms (sliced)

DIRECTIONS

- 01 In a pot, bring the broth to a boil. Add half the salt and slowly whisk in the grits. Reduce the heat to medium-low and cook for about 15 minutes, or until thickened. Set aside.
- 02 Meanwhile, heat the oil in a large pan over medium heat. Cook the kale and mushrooms until soft, about five minutes. Season with the remaining salt.
- 03 Divide the grits onto plates and top with the kale and mushrooms. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	162	Carbs	27g
Fat	4g	Protein	4g