

# Recipe



Source: [drmcDougall.com/recipes/mushrooms-kale-and-potatoes](http://drmcDougall.com/recipes/mushrooms-kale-and-potatoes)

## Ingredients

- 4 Cups Yukon Gold or red potatoes, chunked
- 2 Onions, chopped
- 2 Cloves Garlic, minced
- 4-5 Cups Chopped exotic mushrooms (see note below)
- 6 Cups Packed, coarsely chopped dinosaur kale, stems removed
- Tbsp Soy sauce (optional)
- Tsp Chili paste
- Freshly ground black pepper

## Mushrooms, Kale, and Potatoes

By Mary McDougall

Kale is a very nutritious vegetable, loaded with phytonutrients. This is delicious, healthy, and quick to put together and makes a complete meal for John and myself. We like this with Sriracha red chili sauce over the top for even more heat.

Yield: 2-3 Servings | Total Time: 35min

## Directions

- 1) Place the potatoes in water to cover, bring to a boil, reduce heat and cook until fairly tender, about 8 minutes. Drain and set aside.
- 2) Meanwhile, place the onion, garlic and mushrooms in a large nonstick saute pan or wok. Do not add any liquid. Dry fry over medium heat, stirring frequently, for about 5-6 minutes, until onions and mushrooms are fairly tender. Add the kale and stir gently to combine. Continue to cook, stirring frequently for about 2 minutes, then add the potatoes. Cook, stirring occasionally for about 3 minutes, then add the soy sauce, chili paste and pepper. Cook an additional 3-5 minutes, until kale is tender and potatoes are somewhat browned. Serve warm.

*Hints: Use any assortment of firm small potatoes or fingerlings, cut into bite-sized pieces. Watch carefully during boiling, don't let them get overcooked. If you can't get dinosaur kale (also called Lacinato Blue), use regular kale. To easily remove the stems from any kind of kale, grasp the bottom of the stem with one hand and gently but firmly grasp the leafy part with your other hand and pull upwards along the stem.*

*Assorted exotic mushrooms, such as clamshell, trumpet, oyster, chanterelle, etc. are available in most markets at this time of year. Many mushroom growers will sell an assorted specialty mushroom package in your local market. Use about 1 pound in total.*