

# KALE & PECANS

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

1 pound spicy chicken sausage – sliced  
¼ cup pecan pieces  
8 cups kale – roughly chopped with stalks discarded  
2 cloves garlic - very finely chopped or crushed  
¼ teaspoon kosher salt  
¼ teaspoon fresh ground black pepper

### Preparation:

Place a heavy pan on medium-high heat and add the sausage once the pan is hot. Cook, stirring occasionally for five minutes.

While the sausage is cooking, place a separate small pan on medium heat and toast the pecan pieces, stirring often until they begin to darken. Remove from heat immediately.

Add the kale and garlic to the chicken, stirring often for four minutes. Season with the salt and pepper, then remove from heat.

Plate the kale and sausage immediately and top with the toasted pecans.

### Nutritional Information Per Serving:

Calories: 238  
Fat: 11g  
Carbs: 18g  
Fibre: 4g  
Protein: 19g