

Side

Braised Greens with Kimchi and Grass-Fed Butter

10 Mins
Prep Time

25 Mins
Cook Time

4
Servings

 **166 Calories** **8g Fat** **17g Carbs** **5g Protein**



Ingredients

 **4 Servings** • **¼ Cup Serving Size**  **35 Mins Total Time**  **Allergens: Dairy**

3 Tbsp Grass-Fed Butter

2 Bunches Lacinato Kale, stripped from the rib & chopped 

½ Jar Refrigerated Kimchi (14 oz. jar) 

1 Cup Vegetable Broth

Salt & Pepper, to taste

Allergen Swap

Dairy Replace the grass-fed butter with a vegan alternative or olive oil

Nourishment Note



Kale

Kale is an incredible source of vitamin K and may also help to lower cholesterol. Kale also contains many antioxidants, which helps to protect cells and may be anti-inflammatory, an important quality for those with rheumatoid arthritis.



Kimchi

Kimchi is a flavorful Korean side dish, traditionally made from fermented cabbage. The fermentation process promotes the growth of healthy bacteria, or probiotics. Probiotics are important for gut health and may improve immunity and the anti-inflammatory response.

Instructions

1. Melt Butter & Sauté

Melt butter in a deep skillet. Once melted, add the chopped kale and sauté until wilted, about 2-3 minutes.

2. Simmer Kimchi

Add the kimchi and vegetable broth. Bring mixture to a simmer, then cover and cook on low for 10 minutes.

3. Cook Without Lid

Remove lid and cook until liquid has been reduced, about 10-12 minutes.

4. Salt, Pepper & Enjoy

Add salt and pepper to taste and enjoy!

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cup



Measuring Spoons



Cutting Board



Knife



Deep Skillet



Tongs

RA Cooking Tips

Kale

Strip the kale off the ribs using a kale and greens stripping tool. Chop the kale using a mezzaluna or purchase pre-chopped kale.