

Low-Point Beer Braised Kielbasa with Seasoned Kale

Ingredients:

- 7 oz. Jennie-O Hardwood Smoked Turkey Kielbasa, sliced
- 1/3 cup diced onions
- 1/2 Tbs minced garlic
- 3 oz. of good pilsner beer
- Approximately 1/2 pound kale (trimmed so the large ribs are removed)
- 1 Tbs White Chia Seeds, (optional)
- Pam cooking spray with olive oil
- salt and pepper to taste

Spray a large skillet with a generous amount of Pam cooking spray with olive oil over medium-high heat. Add kielbasa slices when skillet is good and hot. Let the kielbasa brown on one side (about 3 to 4 minutes) and turn over. Add onions and garlic and let brown on the other side. Reduce heat and add beer, kale, and chia seeds. You may need to spray more Pam cooking spray on kale. Cover and let cook 6 to 8 minutes or until kale is tender, stirring several times. Turn off heat and season with salt and pepper. Enjoy!

Total servings - 3 (a little over a cup full)

Serving size - 1

Points per serving - 3 (2.5 without the chia seeds)

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Positive thinking is not about expecting the best to happen every time, but accepting whatever happens is the best for this moment."
- Anonymous