

SAUTÉED KALE

Highly nutritional, this vegetable can be served in a wide variety of ways, such as a side dish, as a topping for toasted bread or pizza, or in white bean soup.

Serves 2

1 bunch kale, cleaned and coarsely chopped, stems included

3 cloves garlic, sliced thinly

3 tablespoons olive oil

¼ c. water or stock, as needed

Sea salt & pepper

2 tablespoons lemon juice

Heat the olive oil in a large sauté pan over medium high heat. When the oil is hot, but not smoking, add the chopped kale. Add salt and pepper to taste. Sauté for a few minutes, turning the kale to allow it to wilt slightly (it will turn a brighter green when you do this). When all of the kale is slightly wilted, cover it with a lid and turn your fire down to low. Cook on low heat for about 7 minutes, until the kale is at the desired texture. Some people prefer it crunchy, and some prefer it soft. The longer it cooks, the softer it gets. You decide the texture you prefer. Squeeze lemon juice on it to finish and serve. This can be eaten cold or at room temperature too.

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The Heart of the City Farmer's Market presents



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TODAY'S FEATURED INGREDIENT:

KALE



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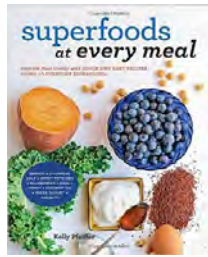


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Kale: The Nutritional Powerhouse



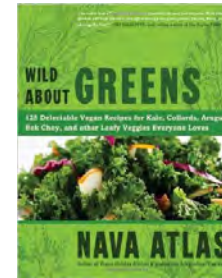
Superfoods at Every Meal



Chia, Quinoa, Kale, Oh My!



The Leafy Greens Cookbook



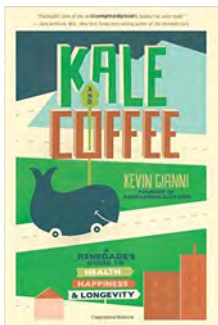
Wild About Greens



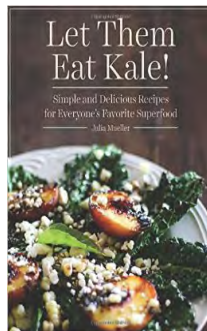
The 7-Day Superfood Cleanse



Treme



Kale and Coffee



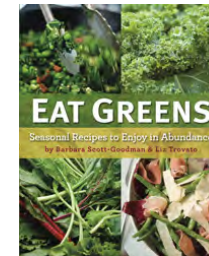
Let Them Eat Kale!



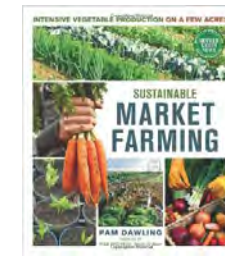
Kale, Glorious Kale



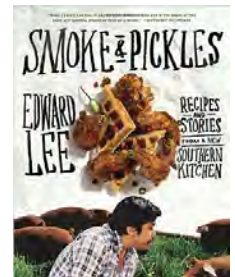
Greens!



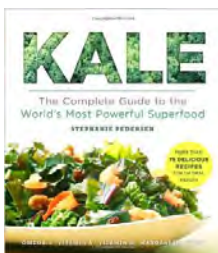
Eat Greens



Sustainable Market Farming



Smoke & Pickles



Kale: The Complete Guide



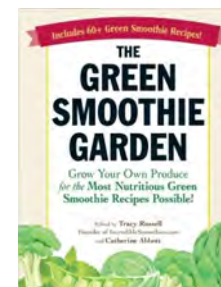
Fifty Shades of Kale



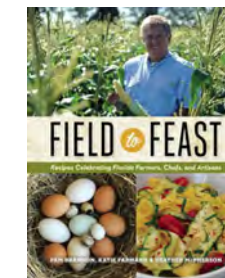
Brassicas



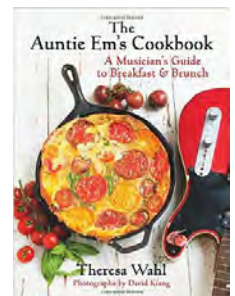
Healing Foods



The Green Smoothie Garden



Field to Feast



The Auntie Em's Cookbook

All of the above titles have recipes or health related benefits for Kale.