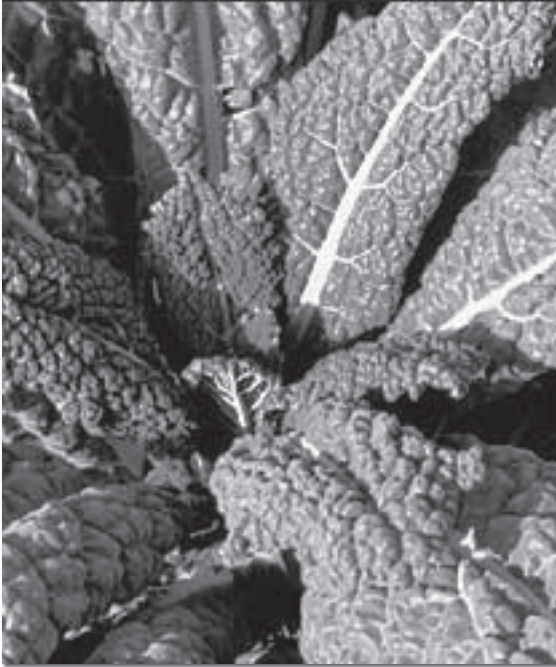


Sautéed Kale or Chard



Start to finish: 15 min (Easy)

1 lb kale, tough stems and center ribs discarded and leaves cut into 1-inch-wide strips (8 cups)
2 tablespoons olive oil
1 small red onion, halved lengthwise and thinly sliced crosswise
1 garlic clove, minced
Pinch of dried hot red pepper flakes
1/4 cup water
1 tablespoon red-wine vinegar, or to taste
1/4 teaspoon salt

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until softened, 6 to 8 minutes. Add garlic and red pepper flakes and sauté, stirring, until garlic is fragrant, about 1 minute. Reduce heat to moderate, then add kale, water and cook, stirring occasionally, until heated through. Remove from heat and stir in vinegar and salt.

Cooks' note:

Sautéed kale keeps, chilled in an airtight container, 3 days.

Makes 1 serving (with leftovers).

Source: Epicurious.com

Dea Dia Organics
at the Prairie Crossing Incubator
www.dea-dia.com