

Lemony Braised Kale* and Tomatoes

* = recipe can also use mustard greens or collards

Ingredients

2 ½ cups vegetable broth (preferably homemade, no salt added)
1 medium yellow onion (diced)
4 garlic cloves, minced - or ¾ tsp. garlic powder
2 lbs kale (about 10 large stalks with leaves and stems)
1 cup organic tomato (chopped)
1 large lemon (juiced)
salt (optional)
pepper (optional)

Directions

- 1 Wash and de-stem the kale by pulling off the leaves. You can save the stems for making vegetable broth or smoothies.
- 2 Chop leaves into 2-inch pieces and set aside.
- 3 Heat a large stovetop pan on medium-high heat.
- 4 Add ¼ cup vegetable broth.
- 5 When vegetable broth is hot, add the onion and cook until translucent, about 3–4 minutes. Depending on your stovetop pan, you may need to add more vegetable broth to prevent sticking. Add as needed.
- 6 Add the minced garlic and saute for 30–60 seconds.
- 7 Add the kale and tomatoes. Saute until the kale is wilted.
- 8 Add the rest of the vegetable broth and boil.
- 9 Turn down heat to a simmer and cover. Let simmer for 30 minutes.
- 10 Add a squeeze of lemon, and a pinch or two of salt and pepper if using.
- 11 Serve alongside your favorite main dish!

Source: foodrevolution.org

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