



Super Kale!

If you must cook your greens, here's a delicious way to do it...

- from Denise's Kitchen

Ingredients:

- 1 lb of chopped organic kale (remove the stems!)
- 2 tbsp of olive oil
- 1/2 organic red onion, chopped
- 3 cloves of minced organic garlic
- 2 tbsp of stone ground mustard ("inglehoffer" is best!)
- 1 tbsp of organic sugar
- 1 tbsp of organic apple cider vinegar
- 1 1/4 cups of organic vegetable broth

Directions:

In a large pot, heat the oil over medium heat. Add the onion & garlic; saute about 5 min. until the onion softens. Stir in the mustard, sugar, vinegar & broth. Bring to a boil, then add your kale. Cover & cook over medium heat about 25 min. until kale is fairly tender & to your liking. (Kale will shrink in volume as it cooks.) Savor the great flavor!