

Carolina Kale

From – *Moosewood Restaurant Low-Fat Favorites*

1 ½ lb kale, collards, chard, beet greens or mustard greens
2 cups chopped canned tomatoes and their juice or 3 cups chopped fresh tomatoes
1 cup minced onions
1 ½ tsp ground cumin
2 garlic cloves, pressed or minced
1 tsp Tabasco or other hot pepper sauce or ¼ tsp crushed red pepper
½ tsp salt
ground black pepper to taste

- Wash the greens.
- Remove the large stems and any discolored leaves.
- Stack the leaves and slice them crosswise into 1/8" strips.
- Combine the tomatoes, onions, cumin, garlic Tabasco and salt in a saucepan.
- Cover and cook on medium heat for 5 minutes.
- Add the greens, cover and gently simmer, stirring frequently, for 10 to 15 minutes, until the greens are tender.
- Add pepper to taste and serve.



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