

Kale with Cranberries

Yield: 5 servings

This low fat dish gives a new take on Kale with colors of the season and good taste. The kale is cooked to be tender crisp and should still have a nice bright color.

- 1 tablespoons olive oil
- ½ medium onion-chopped
- 3 cloves garlic-minced
- 2 Tbs Dijon mustard
- 1 Tablespoon cider vinegar
- 1¼ cups vegetable or chicken broth – use low sodium with no fat
- 1 pound Kale Greens, tough stems removed
- 1/3 cup dried cranberries, coarse chop
- ¼ cup sliced almonds-optional

In a large stock pot, heat olive oil on medium high heat. Add onion and garlic; sauté until onion softens stirring often about 5 minutes. Stir in mustard, sugar, cider vinegar and chicken stock. Bring to a boil on high heat. Add kale, cover, and cook 5 minutes stirring often.

Add cranberries and continue cooking on medium high heat stirring often. The liquid should reduce by about half and cranberries will get plump in about 10 minutes. Season with salt and pepper. Sprinkle with almonds, if desired.

Adapted from WP Rawl http://rawl.net/cook_greens.html

This recipe has been revised by Katherine Shavo, Registered Dietitian/Nutritionist to reduce the fat and sugar in the recipe.

Nutritional Information: (per serving w/o almonds)

Calories: 97	Fat: 3.6 g (32% of calories)
Saturated Fat: .3 g	Protein: 2.5 g
Carbohydrates: 15 g	Cholesterol: 0 mg
Sodium: 203 mg	Fiber: 3 g
Vitamin C: 43 mg	Vitamin K: 818 mcg