

# Slow-Cooked Kale (ADAPTED FROM SUZANNE GOIN, BON APPETIT)

Yield: Makes 1 ½ cups

## Ingredients

- 1 Ib kale (~2 bunches), center ribs and stems removed
- 1/4 cup + 2 tbsp olive oil
- 1/2 sprig rosemary
- 1 cup yellow onion, sliced (~1 medium sized onion)
- 2 garlic cloves, thinly sliced
  - salt and pepper to taste

#### Optional

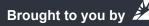
dried chili

#### Instructions

Bring a large pot of salted water to a boil over high heat. Working in 2 batches, blanch kale for 2 minutes per batch. Drain, let cool and squeeze out excess water with your hands. Coarsely chop; set aside.

Heat a large pot over medium heat for 2 minutes. Add 1/4 cup oil, rosemary sprig, and chili. Let sizzle, shaking pan often, for about 1 minute. Reduce heat to medium-low; add onion. Season with  $1/_2$  teaspoon salt and a pinch of pepper. Cook for 2 minutes, stirring often; stir in garlic. Cook, stirring often, until onion is soft and starting to brown, 5-7 minutes.

Add remaining 2 tablespoons oil and kale; stir to coat. Season with <sup>1</sup>/<sub>4</sub> teaspoon salt, reduce heat to medium-low, and cook, stirring often, until kale turns almost black and is slightly crisp at edges, about 30 minutes. Let cool. Discard rosemary and chili.





**PHF**oundation

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# **Slow-Cooked Kale**

## Description

Slow cooking the kale creates a milder and less bitter taste and a softer texture. The rosemary and onion add flavors reminiscent of pot roast or stew. This recipe is a great starting place to try kale in a new and exciting way!



#### **Farmers Market Finds**

- Kale
- · Fresh Rosemary
- Fresh Garlic
- Onion



# Grocery Store Grabs

- Olive Oil
- Salt & Pepper
- Dried Chili (optional)

# **Biblio Bistro**

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pldl.org/biblio-bistro.

#### Substitutes

Could use swiss chard, spinach or cabbage in place of kale. Could use white or red onion in place of yellow onion.

#### **Pairs with**

This hearty side dish would be complemented with a traditional beef or pork roast, or stewed lentils. A pork loin would also be a delicious option. Roasted root vegetables or a rice pilaf would be a welcome (and tasty) addition to this dish as well.



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