

**Basic No-Fat, No-Fuss, Colorful Kale** (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

*So many recipes, even ours, start with heating oil or butter and sautéing onions. But most often, we avoid extra fat and want a tasty, quick recipe. This fits the bill. Johnna’s kids love it because it includes their favorite vegetables: kale, corn, and carrots. Cooking the carrots and corn kernels in the water before the kale sweetens the cooking liquid, making it quite delectable to drink.*

Serves 3-4

¾ lb kale (about 6 cups, chopped)

2 cups water

3 carrots, peeled and quartered lengthwise

3 ears of corn, kernels cut from cobs

salt to taste

Wash kale and strip leaves from stalk. Discard stalks and chop leaves into bite-size pieces. Set aside.

Bring water to a boil in a large skillet that has a tight-fitting lid.

Meanwhile, cut the quartered carrots into ½-inch pieces. Place carrots and corn kernels in the boiling water, reduce heat, cover skillet, and simmer for 5 minutes.

Add prepared kale to carrots and corn. Cover and cook for 4 minutes. Water should be bubbling rather vigorously but not boiling over.

Sprinkle on salt to taste, stir to combine, and remove to a serving dish with a slotted spoon. Serve hot. Drink the “pot likker!”