

Lemon-Basil Kale (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

This light, summer side dish has a subtle flavor of basil and a zip of lemon juice. Try the variation also, adding 1 cup fresh corn for additional flavor, color, and crunch.

Acids and Greens: The addition of lemon, balsamic vinegar, and other acidic flavorings often picks up the flavor of leafy greens, as does a pinch of salt. It is important to add lemon or vinegar after the greens are cooked and just before serving. If you cook greens with an acid you turn bright green vegetables into a drab army green color.

Wash kale and strip the leaves off the stalks. Discard the stalks. Chop the kale into bite-sized pieces. Bring the water to a boil in a 10-12 inch skillet that has a tight-fitting lid. Add the kale, cover, and cook over high heat, stirring occasionally, until tender, approximately 5 minutes. Remove and drain, saving the cooking liquid to drink.

Rinse out and dry the skillet, then use it to heat the olive oil over medium heat, lifting and tilting the pan to coat. Add garlic and sizzle for 15-30 seconds, stirring constantly to prevent browning or burning.

Add basil and sauté for 15 seconds more. Add kale and stir until heated through. Season to taste with the salt. Stir in lemon juice and serve immediately.

Variation: Add 1 cup fresh corn kernels with the kale in step 1. Cook along with kale for 4-5 minutes. Continue with recipe.