

Kale Celery Saute (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

The color and flavor of the celery complements the dark green of the kale and the red pepper, whether hot and spicy or sweet, provides a splash of brightness.

Serves 2

¾ lb kale (about 6 cups chopped)

2 tsp extra virgin olive oil

2 celery stalks, cut in half lengthwise and thinly sliced on the diagonal (1 cup)

1 tsp minced fresh garlic

1 hot red cherry pepper, seeded and cut into small dice, or ¼ cup finely diced sweet red pepper
pinch of salt, or to taste

Wash kale and strip the leaves off the stalks. Discard the stalks and coarsely chop kale. Bring 2 cups water to a boil in a 10-12 inch skillet that has a tight-fitting lid. Add the kale and cook, covered, 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 celery and sauté for 3- minutes.

Stir in garlic and red pepper. Cover and cook over medium heat for 2 minutes. Stir in precooked kale and cook to heat through.

Season to taste with a pinch of salt and serve hot.