

Quick-and Easy Grilled Kale (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

You need a stovetop grill or an enameled steel sheet with small holes for your outdoor grill. We use a two-burner LeCreuset grill, which works perfectly.

Serves 2-3

Olive oil to brush grill

$\frac{3}{4}$ lb kale (about 6 cups, chopped)

2 Tbsp white wine vinegar (herb-flavored is delicious)

salt and freshly ground pepper to taste

Heat grill to medium high. Wash kale and strip the leaves off the stalks. Discard stalks and roughly chop kale.

Brush grill with oil and add greens. Using metal tongs, quickly mix greens to allow all of them to cook, about 1 minute. Add the vinegar, salt, and pepper and continue cooking for another 2-3 minutes, until greens are wilted and tender.

Serve immediately.

Variations:

Use collards instead of kale. Chop into thinly sliced ribbons for a festive appearance.

Try various flavored vinegars: Herbes de Provence, lemon-basil etc.

Try flavored oil. Consorzio makes olive oils flavored with basil, toasted garlic, and hot peppers.