

Braised Kale with Cherry Tomatoes



2 teaspoons extra-virgin olive oil
4 cloves garlic, thinly sliced
1 # kale, tough stems removed and leaves coarsely chopped
½ cup vegetable stock or broth
1 cup (6 oz.) cherry tomatoes, halved
1 Tablespoon fresh lemon juice
¼ teaspoon salt
1/8 teaspoon freshly ground pepper

Kale holds its texture well in cooking. Although any variety will work in this dish, curly, dark green dinosaur kale looks spectacular, especially alongside a mix of red, yellow, and orange cherry tomatoes.

In a large frying pan, heat the olive oil over medium heat. Add the garlic and sauté until lightly golden- 1-2 minutes. Stir in the kale and vegetable stock. Cover, reduce the heat to medium-low, and cook until the kale is wilted and some of the liquid has evaporated, about 5 minutes.

Stir in the tomatoes and cook uncovered until the kale is tender, 5-7 minutes longer. Remove from the heat and stir in the lemon juice, salt, and pepper. Serve immediately.



Kale

Like lettuce, kale comes in shapes and colors from plain to frilly and deep green to red and purple. Dinosaur kale, also known as black kale, cavolo nero or lacinato, has large, ruffled leaves. Kale, like other cabbage-family vegetables, is rich in vitamin C and in compounds that help protect against cancer. It is delicious braised, sautéed, or simmered in soups. Look for kale that's bright, crisp, and unbruised.

Credit: *The New Mayo Clinic Cookbook*