

## **Carolina Kale**

Cooked until just tender, bright vitamin and mineral rich greens contrast beautifully with red tomatoes to make an appealing vegetable side dish or a topping for rice.

1 ½ pounds kale, collards, chard, beet greens, or mustard greens 2 cups chopped canned tomatoes and their juice or 3 cups chopped fresh tomatoes 1 cup minced onions 1 ½ teaspoons ground cumin 2 garlic cloves. Pressed or minced 1 teaspoon Tabasco or other hot pepper sauce or ¼ teaspoon crushed red pepper ½ teaspoon salt Ground black pepper to taste.

Wash the greens. Remove the large stems and any discolored leaves. Stack the leaves and slice them crosswise into 1/8- inch strips.

Combine tomatoes, onions, cumin, garlic, Tabasco, and salt in a saucepan, cover, and cook on medium heat for 5 minutes. Add the greens, cover and gently simmer, stirring frequently, for 10 to 15 minutes until the greens are tender. Add pepper to taste and serve. Serves 4 to 6.



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