

Stir Fried Kale

A great way to use up some of the extra kale you might have in your garden! You can use other similar greens in this recipe - spinach, mustard greens, and arugula will all work. A mixture of greens is also quite good. Serve as a salad, as a side dish, or as a main dish with rice.

Yields: 6 servings

INGREDIENTS:

3 tablespoons olive oil
1 onion, chopped
3 cloves garlic, minced
1 cup bread crumbs
3 bunches kale - washed, dried, and shredded

DIRECTIONS:

1. Heat oil over medium-high heat in a large frying pan. Add onions and garlic; cook and stir until soft.
2. Mix in breadcrumbs, and cook and stir until brown.
3. Stir in kale, and cook until wilted. Serve hot or warm.