

## Stir-Fried Kale and Broccoli Florets

Kale and broccoli are stir-fried with slivered garlic and chopped chile peppers, and finished with a splash of lime juice for a bright-tasting, satisfying side dish.

Prep Time: 5 Minutes

Cook Time: 5 Minutes

Ready In: 10 Minutes

Yields: 6 servings

### INGREDIENTS:

1/8 cup extra virgin olive oil

7 cloves garlic, sliced

1 chile pepper, chopped (optional)

1 head fresh broccoli, chopped

1 bunch kale, stems removed and chopped

1/4 cup sun-dried tomatoes, cut in thin strips

juice of 2 limes

salt

### DIRECTIONS:

1. Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.