



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

Dinner side dish: Kale with Dill and Lemon

#### **Ingredients**

- $\frac{3}{4}$  pounds kale (about 6 cups chopped)
- 2 cups water
- 2 teaspoons olive oil
- 2 garlic cloves, finely minced
- 3 tablespoons chopped fresh dill
- 1 tablespoons fresh lemon juice

#### **Directions**

1. Wash kale by soaking in a bowl of cold water and swishing around until dirt drops to the bottom of the bowl. Strip leaves from stalks and discard stalks. Chop kale leaves into bite sized pieces.
2. Bring water to boil in a skillet with a tight fitting lid. Add kale, cover and cook over high heat until tender, 4-5 minutes. Drain in colander.
3. Rinse out and dry the skillet. Add olive oil and heat over medium heat. Add garlic and let sizzle for 15 – 30 seconds – until fragrant.
4. Add dill and sauté for 15 seconds more. Add kale back to skillet and stir to heat through.
5. Divide the kale among 4 plates. Sprinkle with salt and lemon juice.

Note: adding salt or lemon juice to kale while over heat will turn it an unappetizing grayish color. If you have leftover kale to store – add the salt and lemon after it is re-heated.