



Another delicious recipe
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U-PICK ORCHARD

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SAUTÉED KALE WITH RED & YELLOW PEPPERS

SERVES 4 / PREP TIME: 10 MINUTES / COOK TIME: 20 MINUTES

Swiss chard, collards, or cabbage can be substituted for the kale.

2 tablespoons olive oil

1 medium onion, chopped into 1/2-inch dice

1 red bell pepper, sliced into 1/2-inch-by-2-inch slices

1 yellow bell pepper, sliced into 1/2-inch-by-2-inch slices

2 garlic cloves, finely chopped

2 bunches of any variety of kale, chopped into 2-inch squares

Salt and freshly ground black pepper

1. In a large sauté pan, warm the olive oil over medium heat.
2. Add the onion to the pan and cook until it starts to brown, taking care not to let it burn.
3. Add the peppers and garlic and cook until they turn tender.
4. Turn down the heat to low and add the kale, stirring it so it will not scorch. Add a little water (2 or 3 tablespoons) if needed and cover for 10 minutes. Uncover and continue to cook the kale until all of the liquid in the pan has evaporated.
5. Season with salt and pepper to taste, stir once more, and serve.