

## **Confetti Kale**

**A gorgeous dish full of color and nutrients. Serves 4**

**6 cups chopped kale**

**1 clove garlic (minced; optional)**

**In large frypan sauté in 2 tablespoons olive oil over medium heat, stirring constantly, for 10 minutes**

**$\frac{3}{4}$  cup corn**

**$\frac{1}{2}$  cup red sweet pepper (chopped)**

**$\frac{1}{4}$  cup water**

**$\frac{1}{2}$  teaspoon salt**

**$\frac{1}{4}$  teaspoon pepper**

**Mix in and cook for 10 minutes. Serve immediately.**