

Savory Kale

A tasty side dish that can be tucked into wrap-type sandwiches. Try refried beans, shredded cheese and kale in a whole wheat wrapper. Serves 4-6

1 onion (thinly sliced)

In a large frypan sauté in 1-2 tablespoons olive oil over medium heat until brown and crisp, not just soft. Remove to a serving dish.

1 large bunch fresh kale, collards, or Swiss chard

Stack leaves, roll together and slice about ¼ inch thick. Sauté in the frypan for 1 minute.

Several tablespoons water

¼ teaspoon salt or to taste

Add, cover, reduce heat and steam until tender. Add water as needed. kale and collards cook in 10-15 minutes; Swiss chard cooks a bit faster. When the greens are tender, drain in a colander. Return onions to pan and heat to sizzling.

1 tablespoon tomato paste

Add and stir. When this mixture is hot, return the greens to the pan. Mix, heat through, and serve.

Who knew eating healthy could taste so **good!!??!!**