



TODAY'S MAIN INGREDIENT

Kale à la Carolyn Comen

This recipe is offered by Marcia Dunsmore of [Myrtle Avenue Bakehouse](#)

INGREDIENTS

2 bunches kale, stemmed and sliced thin
4 cloves garlic, chopped
3 Tablespoons olive oil or garlic oil
1/4 cup water, if necessary
1/4 cup dried cranberries
1/4 cup roasted peanuts
salt and pepper to taste

STEP 1 – Cook garlic and oil together over medium-low heat until garlic begins to turn golden.

STEP 2 – Add kale and toss in the garlic and oil like a stir-fry. Cover and let kale steam until tender; adding water as needed to not let the pan go dry. There needs to be some water remaining in the pan for the next step.

STEP 3 – When tender add the cranberries and toss. Simmer until the water is absorbed.

STEP 4 – Toss in the peanuts, season and serve.

Ed. Note: This recipe works well with Swiss Chard also; just cook the thinly sliced stems with the garlic in Step 1. Also excellent with walnuts, chopped almonds, pumpkin seeds, and/or toasted pine nuts.