



## Kale with Sweet Corn

From The New American Plate Cookbook

- ¾ pound kale, tough stems removed
- 2 teaspoons olive oil
- ½ cup finely chopped sweet onion (such as Vidalia)
- 2 scallions, trimmed and chopped
- ¾ cup frozen (thawed) or drained canned corn
- ¼ cup vegetable broth
- Salt and freshly ground black pepper

In a large pot, bring 3 inches of water to a boil. Add the kale, cover, and reduce the heat to medium. Cook the kale for about 12 minutes, until tender. Drain. When the kale is cool enough to handle, press the leaves between paper towels to remove the remaining water. Cut the kale into strips, then slice the strips into squares and set aside, or refrigerate in a closed container for up to 24 hours.

When ready to serve, heat the olive oil in a medium skillet over medium-high heat. Saute the onion and scallions for 3 minutes, until the onion is soft. Add the kale, corn, and broth. Reduce the heat to low and cook for about 3 minutes, stirring often, until the corn and greens are heated through. Season to taste with salt and pepper, and serve.

Makes 5 servings

Per serving:

68 Calories

2g Total Fat (less than 1g Saturated Fat)

11g Carbohydrates

2g Protein

2g Dietary Fiber

121mg Sodium