



## SAUTEED KALE or BEET GREENS

Serves 4

1 slice thick-cut, maple smoked bacon (use either pork or turkey varieties)

1 teaspoon olive oil

1 clove fresh garlic, minced fine \*

½ cup chopped red or torpedo onion \*

1 bunch kale or spinach or beet greens (see note)

1 Tablespoon Balsamic vinegar

Salt and Fresh Ground Black Pepper

Cut bacon into small dice and place into medium skillet which has a lid. Over medium heat, brown bacon to release the fat, adding olive oil if necessary. Add garlic and onion. And continue to brown until vegetables are softened.

Cut stems from the greens and chop finely. Add to the skillet and lower heat to lowest setting. Continue to cook until onions are caramelized and stem pieces are soft.

Meanwhile chop the leaf portions into small pieces about 1” square. Add leaves to the skillet, sprinkle lightly with water and cover tightly. Over very low heat, allow to cook until leaves are wilted and soft. Remove cover and raise the heat to evaporate any extra liquid. Sprinkle with the Balsamic and serve while warm, seasoning with salt and pepper as desired.

### NOTES:

This fabulous dish can be made with any of the strong greens available - it is so very high in Vitamin A and other good-for-you vitamins and minerals, you will feel better just by making it! Try Carvelo Negro, dark green spinach, rainbow chard, or regular kale.

There are so many wonderful ways to serve this dish:

- Use this as a side dish or stuff it into chicken breasts or a pork chop before grilling.
- Cut a pork roast lengthwise and stuff with this mixture, roll and bake until pork is pink and reaches 170 internal degrees
- Use any left over as a filling for omelets, along with a bit of goat cheese if desired.





- Add to a stir fry of brown rice, or just ladle over a bowl of steamed rice for a flavorful and nutritious meal.
- Drop a tablespoon of the kale mixture directly into a bowl of hearty soup at the last minute before serving for a “hit” of great flavor and a nutrition boost.
- Use it in a basic quiche recipe
- Add it to the center of a meatloaf before baking
- Cook Italian Sausage until browned, then add the kale dish and finish cooking
- Swirl a few tablespoons into a bowl of mashed potatoes

