Tasty Kale Without Fail

Kale usually gets upstaged by its more popular cousin, spinach. Being less familiar, people often wonder how to cook it in a way that will please everyone. But this recipe will make you a fan of kale in no time. The garlic lends flavor along with phytochemicals called allysin, and the carrots add a pretty color contrast, plus a hint of sweetness. If the Indian spice coriander isn’t on your shelf, you’ll find it to be a welcome addition that brings fragrance and a subtle earthy tone to many dishes.

Stir-Fried Kale with Slivered Carrots

3/4 lb. fresh kale
Boiling water
2 tsp. canola oil
2 carrots, peeled and cut in thin, matchstick strips
1-2 garlic cloves, minced
1 tsp. ground coriander
Pinch cayenne pepper, if desired
Salt and freshly ground black pepper

Remove the stems from the kale, including the large spine running through the center of the leaf. Place a few leaves on top of each other and cut them into thin strips. Repeat until all the kale is cut. Add the kale to a pot of boiling water and boil, uncovered, for 10 minutes. Drain and set aside.

In a large skillet, heat the oil over medium heat. Add the carrots and sauté for 2 minutes. Add the garlic and sauté for 1 more minute. Add the coriander and cayenne, if you are using them. Cook for 15 seconds.

Add the kale and cook 1-2 minutes. Season the dish to taste with salt and pepper.

Makes 4 servings. Per serving: 82 calories, 3 g. total fat (less than 1 g. saturated fat), 13 g. carbohydrate, 3 g. protein, 3 g. dietary fiber, 57 mg. sodium.

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