

Citrus and Cranberry Kale

Add some fun flavor to kale using cranberries and orange juice. The versatility of this dish can make it a hit at any winter celebration.

Makes: 5 servings

Ingredients

- 1 teaspoon oil
- ¼ cup onion, chopped
- ¼ cup dried cranberries
- 1 clove garlic, minced (or ¼ teaspoon garlic powder)
- 6 cups kale, destemmed and chopped
- ¼ cup freshly squeezed orange juice (about ½ orange)

Directions

1. Add oil and onion to large skillet. Stir and sauté over medium-high heat until onion is clear.
2. Add cranberries and garlic. Continue to sauté for 2-3 minutes.
3. Add kale. Pour or squeeze orange juice over top of kale. Continue to sauté for about 5 minutes until kale is wilting and hot.
4. Serve immediately.



Recipe from: *Food Hero*, Oregon State University Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.