Greenmarket Kids Recipe Series

SUPER SIMPLE, SUPER TASTY KALE

DID YOU KNOW: Until the end of the middle ages, **kale** was the most common green vegetable in all of Europe? Kale is often used as an ingredient in traditional dishes from many different countries all over the world. A whole culture around kale has developed in north-western Germany. Most communities in the area have a yearly kale festival which includes naming a "kale king" (or queen).

Serves 2 to 4

**Ingredients:**
1 tablespoon oil
1 bunches of kale*
1 medium onion*
¼- ½ cup of water
Salt and pepper, to taste

* Ingredients available seasonally at your neighborhood Greenmarket

**Instructions:**

1. With your fingers remove the ribs (thick stalks) of each the leaf. Chop up the kale.
2. Heat oil in large saucepan over medium heat.
3. Add diced onion, and caramelize for about 10-15 minutes, stirring frequently. Allow onions to brown and develop flavor. Your nose will be in for a treat!
4. Add chopped kale and mix with onions.
5. Pour in some of the water to help steam the kale. You can add the water to the pot in small amounts. You may need to use the full cup of water, but you might not. You just don’t want the kale to burn!
6. Cover and steam for 5-10 minutes, mixing occasionally.
7. Salt and pepper to taste!