

Spicy Garlic Kale w/ Sautéed Red Peppers

-2 bunches kale
-1/2 cup leek, chopped
-5 tablespoons olive oil
-1 small onion, diced
-5 garlic cloves, minced (or extruded through garlic press)
-1 1/2 large red bell peppers, cut into short strips
-1/2 teaspoon red pepper flakes
-salt
-white pepper

1. Wash kale. Pull greens away from the stalks, discarding stalks.
2. Shred by hand into small pieces. Place kale in steamer basket, and steam until tender (approximately 10 minutes).
3. Remove immediately from heat. Heat olive oil in heavy pan over medium-high heat. When the oil is hot, add onions and leeks.
4. Sauté until onions are translucent and leeks begin to brown. Add garlic and red pepper flakes, sauté for 1-2 more minutes.
5. Add bell pepper slices, and sauté until tender (approximately 4-5 minutes).
6. Remove from heat. Add kale to pan, and toss ingredients together thoroughly.
7. Add salt and pepper to taste. Serve hot or room temperature.

Nutritional Facts: 814 Calories, 40g Carbs, 71g Fat, 10g Protein, 25mg Sodium, 13g Sugar