

Kale Hash

Ingredients

8 cups torn kale leaves (about 1/2 large bunch; see *)
1/2 cup red onion, minced
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt
2 cups diced turnips
3 tablespoons extra-virgin olive oil

Directions

Place kale in a large microwave-safe bowl, cover and microwave until wilted, about 3 minutes. Drain, cool slightly, and finely chop.

Meanwhile, mix red onion, pepper and salt in a large bowl. Add the chopped kale and turnips; stir to combine.

Heat oil in a large nonstick skillet over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the turnips begin to turn golden brown and crisp, 12 to 15 minutes total.

* 1- to 1 1/2-pound bunch of kale yields 16 to 24 cups of chopped leaves. When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it--allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking. Ingredient note

Number of Servings: 4

Nutrition Info

Calories: 227.4 , Fat: 11.3g, Carbohydrates: 29.4g, Protein: 6.7g
