



Braised Hearty Tuscan Kale

Farm to Table healthy side dish

- 4 slices bacon
- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 large garlic cloves, minced
- 1 pinch chili flakes
- 1/2 cup broken pecan halves
- 8 ounces fresh kale, ribs removed, leaves cut into bite-size pieces
- 2 Tablespoons water
- 2 tablespoons Champagne or white wine vinegar
- 1 teaspoon honey
- 1/2 teaspoon salt
- Freshly ground pepper
- 1 cup red seedless grapes, halved

In large skillet, cook bacon until crisp; remove to paper lined plate; cool; crumble into pieces. Discard drippings or use in place of oil.

Place oil in large hot skillet over medium high heat, add onion; sauté 2 minutes; add garlic, chili flakes, and pecans. Cook 2 minutes.

Add kale; stir until kale starts to wilt. Add water, cover and turn down heat to a simmer. Cook until kale is crisp tender, about 5 minutes. Add vinegar, honey, salt, pepper, and grape halves. Place in serving dish; serve warm. Yield: 4 servings.

Recipe Inspired by Chef Erling Wu-Bower

His comments: "This is a delicious, hearty side that's easy to execute. The green kale adds brightness to the table.,,, It's also a great way to use leftover turkey meat after carving, or other smoked meats..."

For More Information: See:

<https://www.chicagotribune.com/dining/recipes/ct-chef-side-dishes-food-1120-20161109-story.html>

Cook's Note: The original recipe used 1/2-pound cooked smoked meat. I added pecans in place of the meat and a small amount of smoked bacon. The recipe is prepared for about 4 but can easily be increased. I also added seedless grapes for added color and flavor contrast. The recipe will reheat, but the kale will turn a very deep dark green color. We liked it warm, but it is also delicious when it is chilled.

About the Recipe: This side dish is easy to prepare and takes only about 40 minutes from start to finish. Add any leftover smoked meats from that holiday dinner, and fresh seedless grapes highlight the flavor of the kale.