



Carolina Kale

1 ½ pounds kale, collards, chard, beet greens, or mustard greens
2 cups chopped canned tomatoes and their juice or 3 cups chopped fresh tomatoes
1 cup minced onion
1 ½ teaspoons ground cumin
2 garlic cloves, pressed or minced
1 teaspoon Tabasco or other hot pepper sauce or ¼ teaspoon crushed red pepper
¼ teaspoon salt (optional)
Ground black pepper to taste

NOTE: The cooking time will vary with the type and tenderness of the greens. If necessary, add a little water during cooking to maintain liquid in the bottom of the pan.

Wash the greens thoroughly and chop.

Combine the tomatoes, onions, cumin, garlic, Tabasco, and salt in a saucepan, cover, and cook on medium heat for 5 minutes. Add the greens, cover, and gently simmer, stirring frequently, for 10-15 minutes, until the greens are just tender. Add pepper to taste and serve.

Serves 4 to 6. *Per 7 ounce serving: 65 calories, .8 grams fat, 12 grams carbohydrates, 190 mg sodium, 0 mg cholesterol 2.7 grams fiber.*

Adapted from *Moosewood Restaurant Low-Fat Favorites*, our new “Cookbook of the Quarter,” available at Asheville’s Barnes & Noble discounted 20% through June 2003.

For a zesty alternative to Southern style greens, try Carolina Kale. This method of preparation is a healthier option than our traditional southern method of boiling them to death and adding greasy meat. Greens provide more nutrients and fiber than almost any other vegetable. Plus they are easy to grow.

Your partners in health,
Candace and Lucy