

Kale with Garlic and Oranges

Serves: 6-8

Cook time: 25 minutes

Ingredients:

1 bag chopped kale
2 small or 1 large orange (we used two small cara-cara oranges)
2 or 3 (or more, depending on size) cloves garlic
¼ cup water or vegetable broth, plus more if needed
2 Tablespoons olive oil
¼ teaspoon nutmeg
1 teaspoon salt
Black pepper to taste

DO NOT PEEL ORANGES. Cut them into wedges, and leave the pith and the rind intact.* Slice garlic into very thin slices.

Get a very large pan. Heat it over low heat at first, and when the olive oil is fragrant add the garlic. You just want the garlic to soften and release its flavor so if the pan is too hot and the garlic starts to brown, remove the pan from the heat and carefully add some water to the pan to cool it down. It will spatter. Be prepared.

When the garlic is soft, turn up the heat to medium-low and add the kale in stages. Add about a third of the bag, let the kale cook down. Add another third, cook it down, and then the last. Add oranges. Grate in nutmeg, add salt and pepper. Toss with ¼ cup water or broth, and cover.

Cook, covered, twenty minutes, until kale and oranges are soft. Check occasionally to see if the bottom of the pan is too dry and if so, add some water to loosen things up. Put in a nice, big serving bowl and enjoy!

*We used cara-cara oranges because the flavor is a bit more complex than other oranges, and also because the pith is relatively thin. The bitterness of the cooked pith is a tremendous addition to the overall flavor of this dish but a thick pith could dominate the flavor of this dish.