

YIELD: 4 TO 6 SERVINGS

Sautéed Cabbage and Kale

This blend of caramelized cabbage and sautéed kale has loads of natural, sweet flavor and complements a wide variety of entrees like pan-seared pork chops and shallow-fried or baked chicken breasts.

prep time
10 MINUTES

cook time
35 MINUTES

total time
45 MINUTES

Ingredients

- 1 small head of cabbage, chopped (1 lb or about 6 cups)
- 1 lb fresh kale, stemmed and roughly chopped
- 3 tablespoons olive oil
- 1/2 cup onion, chopped
- 2 cloves garlic, very finely chopped
- 1 tablespoon butter
- 1 bunch scallions (4 to 5), chopped
- Salt and freshly ground black pepper

Instructions

1. Heat the olive oil in a large pan over medium heat. Add the chopped onion and cook for 3 to 4 minutes, until it begins to soften.
2. Add the garlic and continue cooking just until fragrant, 1 minute longer.
3. Add about 1/3 of the chopped cabbage, season with a pinch of salt and cook until wilted and reduced in bulk.
4. Repeat with the other two batches of cabbage, being sure to season with a bit more salt each time.
5. Continue cooking, stirring often, until the cabbage is caramelized and golden in color, 15 to 18 minutes.
6. Add the butter, a few grinds of black pepper, and adjust the salt to taste.
7. Add the kale and continue cooking until it's wilted and tender, 3 to 4 minutes, then add the scallions and cook until slightly softened, but still bright green.
8. Transfer to a serving dish.