



HARVEST OF THE MONTH

Ingredient: Kale

Kale Dip

PREP TIME:	10 minutes mins
COOK TIME:	10 minutes mins
TOTAL TIME:	20 minutes mins
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INGREDIENTS

- 2 tsp vegetable oil
- 3 C chopped kale
- 1 clove garlic, minced, or ¼ tsp garlic powder
- 1/8 tsp salt
- 1 C cottage cheese
- 1 tbsp lemon juice
- ½ tsp red pepper flakes (optional)

INSTRUCTIONS

1. Heat oil in a large skillet over medium heat. Add kale, garlic, and salt. Stir and cook until the kale is tender, about 3 to 4 minutes. Turn off the heat and let the kale cool.
2. Transfer kale to a blender. Add cottage cheese and puree until smooth.
3. Season with red pepper flakes and lemon juice. Serve right away or chill before serving.