Kale Pilaf
Makes 6 servings

Ingredients:
- 2 teaspoons canola or olive oil
- 1 cup instant wholegrain brown rice
- 1 medium onion, chopped
- 2 cups fresh, washed, finely chopped kale
- 3 large garlic cloves, peeled and minced
- ¼ teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cups water
- 1 ½ tablespoons lemon juice

Directions:
1. Heat the oil in a large nonstick pot over moderate heat.
2. Add the rice and onion and sauté, stirring, until the rice grains turn translucent, about 3 minutes.
3. Add the kale, minced garlic, cumin, salt, black pepper, and 2 cups of water. Bring to a boil, stirring, then reduce heat to low and cover.
4. Simmer for 20 to 25 minutes, or until all the liquid is absorbed.
5. Turn the pilaf out into a large bowl and add the lemon juice. Toss gently.

Source: Broome County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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