**Kale Pilaf**  
Makes 6 servings  

**Ingredients:**  
2 teaspoons canola or olive oil  
1 cup long grain white rice  
1 medium onion, chopped  
2 cups fresh, washed, minced kale  
3 large garlic cloves, peeled and minced  
¼ teaspoon cumin  
¼ teaspoon salt  
¼ teaspoon black pepper  
2 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  

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**Nutrition Facts**  
6 servings per container  
Serving size (141g)  

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 140</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>105mg</td>
<td>5%</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
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<td>0%</td>
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<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
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</table>

Vitamin D 0mcg  
Calcium 27mg  
Iron 2mg  
Potassium 100mg  

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.