

# Citrus and Cranberry Kale

Add some fun flavor to kale using cranberries and orange juice. The versatility of this dish can make it a hit at any winter celebration.

**Makes:** 5 servings

## Ingredients

- 1 teaspoon oil
- ¼ cup onion, chopped
- ¼ cup dried cranberries
- 1 clove garlic, minced (or ¼ teaspoon garlic powder)
- 6 cups kale, destemmed and chopped
- ¼ cup freshly squeezed orange juice (about ½ orange)

## Directions

1. Add oil and onion to large skillet. Stir and sauté over medium-high heat until onion is clear.
2. Add cranberries and garlic. Continue to sauté for 2-3 minutes.
3. Add kale. Pour or squeeze orange juice over top of kale. Continue to sauté for about 5 minutes until kale is wilting and hot.
4. Serve immediately.



**Recipe from:** *Food Hero*, Oregon State University Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

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