

Kale with Garbanzo Beans and Feta

Winter greens are a nearly daily treat in our home. We love them! This recipe adds enough protein to make a complete meal, though you could feel free to add a salad or flat bread to round it out. Kale is slightly bitter which makes it a wonderful heart and liver tonic food. The bitterness is balanced by the saltiness of the feta and the sweetness of the garbanzos. The tomatoes add a slight tartness making this dish a perfect balance of the five flavors (salty, bitter, sour, sweet, spicy).

1 Tbsp. olive oil
1 medium onion, chopped
Two bunches of kale, stems removed, coarsely chopped
2 medium tomatoes
2 cans of garbanzo beans, rinsed well
½ tsp salt
¼ tsp black pepper
8 oz feta cheese, crumbled

Heat olive oil in a large, ovenproof skillet. Add the onion and sauté until soft and fragrant, about five minutes. Add the kale a few handfuls at a time, stirring regularly until all the kale is in the pan. Add the garbanzos, salt, pepper, and tomatoes. Stir well and simmer over medium-low heat until the greens are soft and the garbanzos are warmed through. Sprinkle with the feta cheese, and place under the broiler for three to four minutes until the cheese is melted and browned, and serve immediately.

Feel free to substitute chicken for some or all of the garbanzo beans. Chop the chicken into bite-sized pieces, add it to the beans. Be sure to simmer it long enough for the chicken to be cooked through (about 10 minutes) before adding the cheese.

Serves four.