

## Spicy Rice and Kale

2 ¼ cups chicken or vegetable broth  
1 cup converted white rice  
1 ½ t. Creole or Cajun seasoning  
4 oz. kale, stems and ribs removed, leaves  
coarsely chopped (about 2 cups packed)



Bring broth and Creole seasoning to boil in heavy large saucepan. Stir in rice and kale and bring to boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes.

Comments: This is a simple recipe that will transform what many of you may consider an inedible vegetable into a satisfying side dish. The strong flavor of the kale is mellowed by the rice, and the fibrous texture of the leaves is mediated by the right amount of fluffy rice. We happened to have Cajun seasoning, but you could substitute another flavoring if you prefer. Also, we didn't bother converting our rice. Heaten rice works just as well.

## Rice with Kale and Tomatoes

½ cup long grain unconverted rice  
A little over a pound of tomatoes  
1 small garlic clove, minced  
2 cups finely chopped, rinsed kale leaves  
1 T. olive oil

In a small heavy saucepan bring 1 cup water to a boil, add the rice and salt to taste, and cook the rice, covered, over low heat for 20 minutes, or until the liquid is absorbed and the rice is tender. In a heavy skillet cook the garlic in the oil over moderately low heat, stirring, until it is golden, add the tomatoes and kale, and cook the mixture, stirring occasionally, for 3-5 minutes, or until the kale is tender. Fluff the rice with a fork: in a bowl combine well the rice, kale mixture and salt and pepper to taste.

Comments: An alternative recipe to the above. You may be looking for every opportunity to use tomatoes. This has less rice, so those who fear kale may want to increase the amount. You could also consider adding some seasoning. This recipe is a little more tolerant of different types of rice.