

McDougal's Farm LLC

What's Growing On !

Recipes

Garlic Kale Parmesan

From May's kitchen

In large skillet in hot **olive oil**, sauté till slightly golden brown the following:

3 green onions (greens and all) chopped

2 chopped sweet red peppers

1 whole bulb of crushed garlic

Add finely **chopped kale (about two cups)**, you can discard the stems.

Sauté for a few more minutes, you may need to add more olive oil

Add:

2 tsp. onion powder

1 tsp. of sea salt

½ tsp of cumin

1 ½ cups of half and half or light cream

1 cup grated parmesan

1 T. butter

Blend and let simmer about 5 minutes or so then stir in:

Halved **cherry tomatoes**

Toss in about 1 pound of your favorite **cooked pasta**, heat through and top with a sprinkling of **roasted sunflower seeds**