

Garlic Kale Parmesan

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

Kale chips can be as simple as kale, olive oil and salt or dressed up like the recipe below....enjoy.
Another kid winner! Tip: keep the heat low.