



Stir-Fried Kale and Broccoli Florets

Submitted by: BILLINLA Photo by: LynnInHK

“A delicious, satisfying, low-calorie side dish for those who are dieting and can do without rice or potatoes.”

PREP TIME: 5 Min

COOK TIME: 5 Min

READY IN: 10 Min

Original recipe yield: 6 servings

INGREDIENTS

1/8 cup extra virgin olive oil

7 cloves garlic, sliced

1 chile pepper, chopped (optional)

1 head fresh broccoli, chopped

1 bunch kale, stems removed and chopped

1/4 cup sun-dried tomatoes, cut in thin strips

juice of 2 limes

salt

DIRECTIONS

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.