



Sweet and Savory Kale

SUBMITTED BY: SJRJA PHOTO BY: [Kristen K.](#)

"This quick and tasty recipe combines vitamin-packed kale with both sweet and tangy ingredients for a colorful side dish."

PREP TIME 25 Min
COOK TIME 30 Min
READY IN 55 Min

SERVINGS: 6

INGREDIENTS

2 tablespoons olive oil
1 small onion, diced
2 cloves garlic, minced
1 tablespoon Dijon mustard
4 teaspoons white sugar
1 tablespoon cider vinegar
1 1/2 cups chicken broth
4 cups stemmed, torn and rinsed kale
1/4 cup dried cranberries
salt and pepper to taste
1/4 cup sliced almonds

DIRECTIONS

Heat olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir until the onion softens and turns translucent, about 5 minutes. Stir in the mustard, sugar, vinegar, and chicken stock, and bring to a boil over high heat. Stir in the kale, cover, and cook 5 minutes until wilted. Stir in the dried cranberries, and continue boiling, uncovered, until the liquid has reduced by about half, and the cranberries have softened, about 15 minutes. Season to taste with salt and pepper. Sprinkle with sliced almonds before serving.