

Recipe from FormerChef.com

Sautéed Kale with Sumac Yogurt and Roasted Almonds

10 oz cleaned and chopped kale
1-2 cloves garlic, minced
1 Tbsp extra virgin olive oil
1 cup water
2 Tbsp butter
1/4 fresh lemon (for the juice or 1 Tbsp juice)
salt and pepper to taste

1/2 cup plain yogurt
1 tsp honey
2 tsp lemon juice
1/4 tsp ground sumac (optional)

2 Tbsp roasted almonds, sliced

Ingredient Notes:

- There are different kinds of kale out there and if you can find "cavolo nero" kale (also known as black Tuscan kale) at your local farmer's market or Whole Foods, buy some. It's more expensive, but worth it for its more delicate flavor and texture. You can also buy regular old green kale, or even bagged pre-washed and chopped kale from Trader Joe's as I often do. If you buy kale in a fresh bunch, you'll want to cut off the tougher stems and chop the leaves into 2"-3" pieces and thoroughly rinse.
- The sumac spice is not essential but it does add a nice citrusy flavor profile and a bit of color to the yogurt.
- I used nonfat yogurt, but for a richer texture, try a full fat Greek style yogurt.
- Try not to leave out the butter; it adds a delicious creaminess to the kale.

1. Mix together the yogurt, honey, lemon juice and sumac spice. Set aside. Slice the almonds.
2. Heat a large sauté pan (I use a wok). Add the kale and it in the oil. Add 1/2 cup of the water and toss. Cover and cook 2-3 minutes. Add the other 1/2 cup of water and cook until the water has evaporated.
3. Clear a space in the bottom of the pan and add the butter and garlic. Sauté one minute and then stir into the cooked kale.
4. Squeeze in the 1/4 of a lemon and season with salt and pepper.
5. Transfer the kale to a serving dish and drizzle the yogurt over the top. Sprinkle the almonds on top of the yogurt.

Serves 4 as a side dish