

Ingredients:

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- 1 teaspoon olive oil
- 1/4 cup chopped onion
- 1/4 cup dried cranberries
- 1/8 teaspoon garlic powder
- 6 cups chopped kale (leaf portion, no stems)
- 1/4 cup juice from an orange



Directions:

1. Wash hands with warm water and soap.
2. Wash fresh vegetables before preparing.
3. Add oil and onion to large skillet. Stir and sauté over medium-high heat (350 degrees in an electric skillet) until onion is clear.
4. Add cranberries and garlic powder. Continue to sauté for 2 to 3 minutes.
5. Add kale. Pour orange juice over top of kale. Continue to stir fry for about 5 minutes until kale is wilting and hot.
6. Serve immediately. Refrigerate leftovers within 2 hours.

Nutrition Facts (Per Serving)

Calories, 47.03; Carbohydrate, 7.61 g; Protein, 3.02 g; Total Fat, 1.43 g; Saturated Fat, 0.18 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 1.48 g; Total Sugars, 1.15 g; Sodium, 25.87 mg; Calcium, 103.22 mg; Folate 25.17 mcg; Iron, 1.02 mg; Calories from Fat, 27%.

Makes 6 servings, approximately 3/4 cup per serving

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.