SAUTEED BROCCOLI & KALE

Boost your immune system with these high vitamin C fruits to keep you healthy all year round! The added protein makes this a perfect post-workout drink!

Ingredients:

- 2 bunches kale (about 1 1/2 pounds), preferably lacinato
- 1 cup water, divided
- 2 large heads broccoli, trimmed and cut into florets (about 12 cups)
- 2T extra-virgin olive oil, divided
- 4T unsalted organic butter
- 5 cloves garlic, thinly sliced
- ¼ tsp crushed red pepper, plus more for garnish
- ¾ tsp fine sea salt
- 1 pinch Maldon sea salt (optional)



Directions:

1. Remove tough stems and ribs from kale; coarsely chop the greens. Cook the kale in 1/2 cup water in a large skillet over medium-high heat, covered, until barely tender, 2 to 3 minutes. Transfer to a colander. Cook broccoli the same way with the remaining 1/2 cup water. Transfer the kale to a large bowl; drain the broccoli in the colander. Wipe the pan dry.
2. Heat 1 tablespoon oil in the pan over medium-high heat. Add the kale and cook, stirring often, until tender and browned in spots, 4 to 6 minutes. Transfer to the bowl. Heat the remaining 1 tablespoon oil in the pan. Add the broccoli and cook, stirring often, until tender and browned in spots, 4 to 6 minutes. Transfer to the bowl.
3. Heat butter, garlic and crushed red pepper in the pan over medium heat until the butter is melted. Cook, stirring constantly, until the garlic is light brown, 1 to 2 minutes. Drizzle the butter over the vegetables and sprinkle with 3/4 teaspoon salt; gently toss to combine. Serve topped with a sprinkling of Maldon sea salt and crushed red pepper, if desired.
4. Makes 12 servings (about 3/4 cup each serving).

NUTRITION PER SERVING:

Calories 105; protein 5g; carbs 9g; fiber 4g; fat 7g; sat fat 3g; cholesterol 10mg; sodium 187mg

ALLOY®