

KALE WITH SWEET CORN

From the AICR Test Kitchen

http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients

- 1 large ear fresh corn, husked, or $\frac{3}{4}$ cup defrosted frozen corn or canned drained corn
- $\frac{3}{4}$ lb. curly green kale, tough stems removed
- 2 tsp. extra virgin olive oil
- $\frac{1}{2}$ cup finely-chopped Vidalia or other sweet onion
- 2 scallions, green and white parts, finely chopped
- $\frac{1}{4}$ cup fat-free, reduced-sodium vegetable broth
- Salt and freshly-ground black pepper

Instructions

1. If using fresh corn, place it in boiling water and boil until the kernels are tender-crisp, about 4 minutes.
2. When cool enough to handle, stand the ear with its broad end down on a cutting board. Using a sharp knife, slice down the ear to cut off kernels. Rotate the ear and repeat until all the kernels are cut off. Gather up the cut kernels and set aside, or refrigerate in a closed container for up to 24 hours.
3. In a large pot, bring 1 inch of water to a boil. Add the kale, cover tightly and reduce the heat to medium. Steam until the kale is tender, about 12 minutes. Drain it in a colander.
4. When the kale is cool enough to handle, squeeze handfuls of it to remove excess water. Cut the kale crosswise into strips. Cut the strips crosswise, chopping the kale. Set the kale aside, or refrigerate in a closed container for up to 24 hours.
5. Heat the oil in a medium skillet over medium-high heat. Sauté the onion and scallions until the onion is soft, about 3 minutes. Add the kale, corn and broth. Reduce the heat to low, and cook until the corn and kale are heated through, stirring often (about 3 minutes).
6. Season to taste with salt and pepper and serve.

Makes 4 servings

Nutritional information per serving (4 servings)

- Calories: 104
- Total fat: 3
- Saturated fat: Less than 1g
- Total carbohydrate: 18g
- Dietary fiber: 3g
- Protein: 14g
- Sodium: 80mg

