

Stir Fried Kale & Broccoli

- 1/8 cup extra virgin olive oil
- 7 cloves garlic, sliced
- 1 Chile pepper, chopped (optional)
- 1 head fresh broccoli, chopped
- 1 bunch kale, stems removed and chopped
- 1/4 cup sun-dried tomatoes, cut in thin strips
- juice of 2 limes
- salt

DIRECTIONS

1. Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

Stuffed Artichokes

1. 4 fresh artichokes
2. 2 tablespoons extra virgin olive oil
3. 1 clove garlic, minced
4. 1 cup celery, diced
5. 1 medium onion, chopped
6. 1 teaspoon dried oregano
7. 1 teaspoon dried parsley
8. 1 tablespoon fresh thyme leaves
9. 5 sun-dried tomatoes packed in olive oil
10. 4 cups cubed spelt or other whole grain bread (cut into 1/2 inch cubes)
11. 1/2 cup vegetable broth
12. sea salt, to taste
13. ground pepper, to taste

Rinse artichokes, cut off bottom stem, and, if desired, snip sharp edges off leaves. Place standing up and cover about 2 to 3 inches of the bottom with water. Bring water to a boil then reduce to simmer. Cover and cook artichokes until leaves are tender, about 45 minutes. While artichokes cook, prepare stuffing.

Heat olive oil over medium heat in a large skillet. Sauté the garlic, celery, onion, oregano, parsley, thyme and sun-dried tomatoes for 15 minutes. Add the cubed bread and toss very well to coat. Add vegetable broth and salt and pepper to taste. Stuffing should be moist but not mushy. Add a little more broth if needed.

Preheat oven to 350°F.

Carefully spoon a little stuffing onto the leaves of the artichokes. Place upright in a baking dish. Bake for 20 minutes or until piping hot. Serve with a spoon to scoop on any stuffing that falls as you pull out the leaves.