

## *Dinosaur Kale with Pecans*

Dinosaur kale is a gorgeous sweet kale, sometimes called lacinato, that's starting to appear in most supermarkets and natural foods stores. It's great in a skillet sauté, where in about ten minutes it will be reduced to a pile of succulence that goes well with fish or pork. Don't try this with regular kale, which is much tougher and stronger tasting, unless you drop it into boiling water for a few minutes to soften it, then drain it before starting the recipe.

Serves 2 to 3

- 1 bunch dinosaur kale (about 1 pound)
- 1½ tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- ½ small sweet onion, chopped
- Salt and freshly ground black pepper
- 2 tablespoons chopped toasted pecans

Slice along both sides of the heavy ribs of the kale and discard them. Chop the remainder into bite-sized pieces.

Heat a large skillet and add the olive oil. When it's hot, add the garlic and onion and cook until they begin to soften. Add the greens and sauté for about 10 minutes, or until wilted. Season, mix in the pecans, stir well, and serve hot.