

Stir Fried Kale with Onions and Corn

Ingredients

3 bunches of kale leaves

2 onions

1 can of corn kernels

Olive oil for frying

Salt and pepper

1. Cut the stem and central vein of the kale leaves. Wash them thoroughly and chop them up.
2. Peel the onions, wash them and chop them up
3. Stir fry the onions until caramelized
4. Remove the onions from the pan and stir fry the kale in the olive oil
5. Mix the kale with the onions and add the corn
6. Condiment to your taste with salt and pepper. voilà!