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Super Simple Creamed Kale

Prep time: 20 minutes

Servings: 4

Kale is a new American obsession. Because our vegetable history book tells us it dates back to Roman times, we've both embraced the trend and given it a classic treatment in this recipe by adding our sour cream for a rich pairing. In this utterly simple feature of a very healthful green, I used a combination of red Russian kale and purple curly kale, but I have made it with all types of kale. The key is to remove all of the tough stems and then chop the leaves into little pieces. The other trick is to use a crème fraîche style sour cream like Green Valley Creamery, as regular sour cream may break when you add it to a hot pan.*

Submitted by Sabrina Modelle - www.thetomatotart.com

Ingredients

1 Tbsp. Green Valley Creamery Lactose-Free Butter

1 cup onion, cut into ¼ inch dice

¾ cups of water

2 bunches of kale, stems removed and leaves finely chopped (about 8 cups of uncooked chopped kale)

⅓ cup Green Valley Creamery Lactose-Free Sour Cream at room temperature (*see ingredient note above)

⅛ tsp. fine grain sea salt

¼ tsp. black pepper

Heavy pinch of freshly grated nutmeg

Instructions

1. Melt butter in a large skillet over medium-low heat. Add onions and sauté until translucent about 5 minutes.
2. Remove onions from skillet and place aside. In the same skillet, add kale, water, salt and pepper and raise heat to medium-high. Cook until water has dissipated and kale is tender- about 7-10 minutes depending on the type of kale.
3. Drain kale in a strainer making sure there is no water left in the skillet.

4. Whip sour cream until it is smooth slightly thinned out.
5. Add kale, onions, and sour cream to the skillet stirring sour cream into the kale. Once mixed and warmed through, add nutmeg and adjust seasoning to taste.