

Tried and True Recipes from Untiedt's Roadside Stands

Over 25 locations. Most locations open 7 days a week, 10am – 6:30pm Mid-June – Labor Day

Stir Fried Kale and 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



Untiedt's Vegetable Farm, Inc.

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www.UntiedtsWeGrowForYou.com

Directions:

Heat the 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.

Special Event or Canning Project?

Quantity Prices Available When You Pre-Order