



# RECIPES

## Crispy Kale with Lemon–Yogurt Dip

### INGREDIENTS:

One pound curly kale, stems and large inner ribs removed  
1/4 cup extra-virgin olive oil  
2 cloves garlic, minced  
Salt and freshly ground pepper  
1 cup fat-free plain Greek yogurt  
1 teaspoon finely grated lemon zest  
2 tablespoons fresh lemon juice

### INSTRUCTIONS:

1. Preheat the oven to 375°. In a bowl, toss the kale with all but 1 tablespoon of the olive oil and half of the garlic. Spread the kale on 2 baking sheets and roast in the upper and lower thirds of the oven for about 15 minutes, until crisp; shift the pans from top to bottom halfway through. Season the kale with salt and pepper and transfer to a large platter.
2. In a small bowl, whisk the yogurt with the lemon zest and juice and the remaining garlic and 1 tablespoon of oil. Season with salt and pepper. Serve with the roasted kale.

Makes 4 servings

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