

Kale with Nectarines

Juicy tree-ripened nectarine slices and thin-sliced chickenless tenders adorn this seasonal kale dish. The fruit and greens are served over quinoa and topped with crumbled feta cheese and toasted almond slices.

What a refreshing way to celebrate the close of a summer day! The harvest season just keeps on giving.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. Cooking's easy when you're organized.

Quinoa and Chickenless Tenders

1 C. quinoa
plus
2 C. water
You'll use 1-1/3 C. cooked quinoa tonight

1/2 tsp. olive oil
4 Chickenless tenders

Sautéed Kale with Nectarines

Sautéed Kale:

1 tsp. olive oil
1/2 C. white wine
3/4 C. low-sodium vegetable broth
3 T. rice wine vinegar
2 cloves garlic (smashed and chopped)
1/2 C. chopped yellow onion
1 bunch Dino or Lacinato kale (washed – stems and leaves chopped separately)

Garnish

1 ripe nectarine (cored and sliced)
4 T. sliced almonds
2 T. crumbled feta cheese

Preheat oven to
375

Let's Prepare, Cook, and Plate This!

Quinoa/Tenders/Toasted Almonds

Quinoa:

Place quinoa and water in medium saucepan. Bring to a hard boil, turn off heat, cover, leave on burner and let stand 20-30 minutes.

Tenders:

Place chickenless tenders on an oiled cookie sheet and bake 15 minutes at 375°. Set a timer for 8 minutes and turn them over. Return to the oven for 7 more minutes. Remove from oven. Allow to cool slightly. Slice.

Toasted Almonds:

When the tenders come out of the oven, bump the heat to 400° and toast the almonds. Stay with them so they don't burn. Shake the pan a few times to flip the almonds to another side. Set toasted almonds aside.

Sautéed Kale

1. Place oil, wine, broth, and vinegar in large sauté pan and bring to boil.
2. Add garlic, onions and chopped stems from greens. Bring to hard boil, reduce heat to medium and cook 10 minutes.
3. Add chopped leaves from greens to the mixture. Toss over medium-high heat for 4 minutes. Remove from heat and serve.

Plate the Meal

1. Pack 2/3 cup quinoa into a soup ladle to give it shape and turn it out onto each dinner plate.
2. Divide cooked greens between plates, leaving the dome of quinoa visible. Divide sliced tenders between the plates and arrange over greens.
3. Fan freshly sliced nectarines over greens. Sprinkle toasted almonds and feta over the top.

What I've Learned from this Recipe

I always toast nuts prior to adding them to a meal. A little toasting brings the flavor alive. Wait until just before serving to add them so they stay crisp.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com