



BRAISED KALE WITH CHICKPEAS AND BACON

PAIRED WITH 2013 MONTAGNA ROSSA

YIELD: 2 CUPS

Ingredients:

- 1 Teaspoon Olive Oil
- ¼ Pound Bacon, Diced
- 4 Cloves Garlic, Peeled and Sliced Thin
- 1 Bunch Kale, Washed, Stems Removed and Coarsely Chopped
- ½ Cup Chickpeas, Canned (Drained)
- ¼ Cup Broth, Chicken or Vegetable
- 1 Tablespoon Balsamic Vinegar
- 1 Pinch Red Pepper Flakes
- Salt and Freshly Ground Pepper to Taste

Method:

1. Heat the oil over medium heat.
2. Add the bacon and cook until brown. Remove the bacon from the pan and set aside.
3. Add the sliced garlic to pan and stir until the garlic is golden brown.
4. Add the kale and stir (carefully it may splatter if kale is wet).
5. Add the stock, vinegar and red pepper and continue cooking until the kale fully is wilted but still green.
6. Season to taste with salt and pepper.
7. Serve topped with the reserved crispy garlic.

CANA'S
FEAST