



*Where the Impossible is Possible!*

## **Confetti Kale**

*This incredibly simple recipe makes a gorgeous dish full of color and nutrients.*

### **INGREDIENTS**

2-3 T olive oil  
6 C kale, chopped  
1 clove of garlic  
3/4 C corn  
1/2 C red sweet pepper, chopped  
1/4 C water  
1/2 tsp sea salt  
1/4 tsp ground pepper

### **DIRECTIONS**

In large fry pan or wok, add olive oil over medium heat. Add kale and garlic and sauté, stirring constantly, for 10 minutes.

Add remaining ingredients and cook for an additional 10 minutes.

Enjoy!