

## **Orange-Scented Braised Kale with Pepitas**

1 Tbsp. olive oil  
2 Tbsp. pepitas  
1/8 tsp. red pepper flakes  
1 clove garlic, minced  
1 large bunch kale (about 1 lb.), chopped with tough stems removed  
1/2 cup chicken or vegetable broth  
1/2 tsp. orange zest  
1 Tbsp. orange juice

Heat the olive oil over medium heat. Once hot, add the pepitas and toast until golden brown. Remove with a slotted spoon and set aside, leaving the oil behind in the pan.

Add the garlic and red pepper flakes to the oil and cook about 30 seconds before stirring in the kale. Cook the kale, stirring, for about a minute before adding the broth and salt and pepper to taste. Once the broth has come to a boil, cover the pan and continue to cook over medium-low heat until the kale is tender, about 10-15 minutes (longer if you want the kale to be a little softer).

Remove the lid and continue to cook until any additional broth has been absorbed. Off the heat, stir in the orange zest and juice. Re-season to taste with salt and pepper if necessary.

Top with the toasted pepitas before serving.