



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Kale**

Kale Artichoke Hummus

Ingredients:

1 bunch kale, ribs removed, finely chopped (about 1 ½ cups)
15 oz artichoke hearts, drained of the excess oil and finely chopped
15 oz chick peas or white beans, drained and rinsed
½ cup grated parmesan cheese
¼ cup Tahini
1 shallot, minced
2 cloves garlic, minced
½ tsp Worcestershire sauce
salt to taste
olive oil

Directions:

Over medium heat sauté the minced shallot, artichoke hearts, and kale until kale begins to soften. There should be enough oil residue left on the artichokes to keep them from sticking to the pan. If there isn't, add a tablespoon olive oil. Once the kale has softened, add the garlic and a sprinkle of salt. Sauté for another 30 seconds. Transfer the mixture to a mixing bowl.

In a blender, blend the remaining ingredients. Adding oil in a slow stream until the chick peas have a smooth consistency. Transfer the blended ingredients to the mixing bowl, combining all the ingredients together. Add more salt if needed. Place in a bowl and top with a little more olive oil.