



Oklahoma Cooperative Extension Service

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Sauteed Rice with Kale

- 1 c. Kale, chopped
- 3 T. Olive Oil
- 1 T. Butter
- 1 Onion, small, chopped
- 1 Celery stalk, chopped
- ½ cup fresh mushrooms
- ½ chopped green pepper
- 2 garlic cloves, chopped
- 2 cups white rice, cooked
- 1 tsp. dry mustard
- 2 pinches Cayenne Pepper
- Salt and pepper to taste

Place a steamer insert into a saucepan and fill with water to just below the bottom of steamer. Bring water to a boil. Add kale, cover and steam until just tender, 7 to 10 minutes. Heat olive oil and butter in a large skillet over medium heat; cook and stir onion, celery, mushrooms, green bell pepper, and garlic in the oil and butter mixture until the onion is tender, about 5 minutes. Stir kale and rice into the mixture, breaking the rice into grains with your spoon as you stir; season with dry mustard, cayenne pepper, salt and black pepper. Cook and stir until rice is hot, about 5 minutes.