



Kofta

2 cloves garlic, chopped fine
1 jalapeño, chopped fine
3 large shallots, chopped fine
1 pound ground beef
Zest of one Meyer lemon
Juice from 1/2 of the lemon
large handful of fresh mint, chopped finely
large handful of fresh parsley or cilantro, chopped finely
Salt and pepper

Mix this all together in a large bowl. Transfer it to a Ziploc bag and let it sit all day.

Soak the bamboo skewers for 30 minutes or so.

Form around skewers. Shape into long, flat logs. Grill over open flame. Serve with Fage Greek Yogurt. These are fabulous.

Sauteed Kale

Adapted from epicurious.com

1 lb kale, tough stems and center ribs discarded and leaves cut into 1-inch-wide strips (8 cups)
2 tablespoons olive oil
1 small onion, halved lengthwise and thinly sliced crosswise
1 garlic clove, minced
Pinch of dried hot red pepper flakes
Juice from the other 1/2 of the Meyer lemon
Salt to Taste

Bring 4 or 5 quarts of salted water to boil in a large pot. Once its boiling add the kale and let it cook for about 7 minutes. Drain in a colander.

Heat the olive oil up in a skillet. Add the onion and saute until it starts to get a little color. Add the garlic and red pepper flakes and turn the heat down. Saute for a minute or so and add the kale. Toss the kale about the hot pan, mixing in the garlic, onion, and pepper flakes. Add the lemon juice, taste, add salt if necessary. Serve.

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Send your questions or comments to vanessa@whatgeekseat.com