

# chattavore

## KALE & BLUE CHEESE DIP

Prep time: 10 minutes

Cook time: 15 minutes

Makes about 2 cups

- 3 tablespoons unsalted butter
  - 1/2 Medium onion (diced)
  - 2-3 cups kale (coarsely chopped, washed, & dried)
  - 3 tablespoons flour (I used white whole wheat)
  - 1 1/4 cup milk
  - 1 cup gouda cheese (shredded)
  - 1-2oz buttermilk blue cheese (or other blue cheese of your choice) (crumbled)
  - salt (to taste)
1. Melt the butter in a skillet over medium heat. Add the onion and sauté until tender. Add the kale and again, sauté until tender (8-10 minutes...kale is much more hearty than spinach).
  2. Sprinkle the flour over the kale and onion mixture. Stir to combine then cook for 1-2 minutes. Slowly stir in the milk and cook until thickened.
  3. Add the cheeses and stir until melted. Salt to taste (I like to taste it on a chip to account for the salt on the chip).
  4. Serve with tortilla chips, pita chips, or vegetables.

### Note

If you don't enjoy blue cheese, you can use crumbled feta cheese or queso fresco in place of the blue cheese.