

Kale, Kale the Vitamins are all Here!

Donna Wysokenski

Ingredients

garlic (as many cloves as you like)

olive oil

1 bunch kale

2 tablespoons sesame seeds

2 tablespoons flax seeds

2 to 4 tablespoons soy sauce or tamari

1 teaspoon sesame oil

Directions

Wash kale and shake dry.

Cut big leaves into smaller pieces.

Heat olive oil, add kale, and sauté about 7 to 10 minutes.

Take off the burner.

Add soy sauce, sesame seeds, flax seeds, and the sesame oil (for flavor only - do not cook the sesame oil).

Eat plain or serve over basmati rice.

Comments

Kale needs to wilt and cook a bit - don't overcook or undercook. It won't taste good if you overcook. I use sesame oil with hot pepper in it. This is also good prepared with grated carrots, added shortly before the kale is done cooking.