

Kale



Kale should be kept in a cool environment since warm temperatures will cause it to wilt and will negatively affect its flavor. Do not wash kale before storing because exposure to water encourages spoilage. When using, chop the leaf portion into ½ - inch slices and the stems into ¼ -inch lengths for quick and even cooking.

To get the most health benefits from kale, let sit for a minimum of 5 minutes before cooking. Sprinkling with lemon juice before letting it sit can further enhance its beneficial phytonutrient concentration. Healthy steaming or braising will yield the optimal nutritional benefit and produce maximum flavor.

Braised Kale with Raisins

Serves 4 Prep Time: 25 minutes

Ingredients

8 cups kale, chopped into ribbons (about 2 bunches)	1 ½ tablespoon oil
2 tablespoons walnuts, chopped	3 garlic cloves, chopped
2 tablespoons raisins, chopped	¼ cup water
Salt and pepper to taste	

Directions

1. Heat a large, dry skillet and toast the walnuts for 3-5 minutes until fragrant, stirring frequently. Set aside to cool.
2. Heat oil in same skillet and sauté garlic for 1 minute until soft- do not brown. Add kale ribbons and water and cover. Cook over medium heat until softened- about 10 to 15 minutes, adding more water if necessary.
3. Add salt, pepper, nuts, and raisins and stir to combine. Allow remaining liquid to evaporate. Serve warm.