

Sesame Kale

2 cloves minced garlic
1 lb. kale
2 tsp. sesame seed oil
2 TBSP water
1 tsp soy sauce
2 tsp toasted sesame seeds
salt & pepper to taste

Wash kale and leave damp. Discard stems. Tear into bite sized pieces. Heat sesame oil over med-low heat. Add garlic and sauté 20 seconds. Add kale and water and cover skillet. After 1 minute stir kale and recover. After 1-2 more minutes stir in soy sauce and seeds. Salt and pepper to taste.

Hope you like it! Brittany H

July 2010