

Recipe – Kale with Pine Nuts & Raisins

Ingredients:

- 1/4 cup toasted pine nuts
- 3/4 lb kale washed, stems removed and shredded
- 2 teaspoons extra virgin olive oil
- 2 cups water
- 4 garlic cloves, minced
- 1/3 cup raisins
- Sea salt

Directions:

Bring water to boil in a skillet with a tight fitting lid, add kale and cook for approximately 5 minutes or until the kale is just tender, drain & set aside.

Rinse out the skillet, dry, add olive oil and heat over medium heat, add garlic and saute for 30 seconds, add raisins and stir for about 30 seconds. Add pine nuts and stir for another 30 seconds or so.

The raisins should be glossy and slightly puffed

Add kale, stir, season and saute until heated through

Season with salt