



Recipes

Vegetables

Kale with Pine Nuts and Sun Dried Tomatoes

Prep and Cook Time: 20 minutes

Yield: 4 or more servings

Ingredients:

2 bunches kale
1 cup pine nuts
1 cup sun dried tomatoes
2 tablespoons olive oil
2 cloves of garlic
splash of balsamic vinegar

Directions:

1. Wash kale and dry thoroughly. Either slice into 1/2 inch strips or break apart into larger pieces with hands.
2. Chop the sun dried tomatoes into smaller pieces. If they are completely dry, massage them in a bowl with a small amount of olive oil.
3. Finely chop the 2 raw organic cloves.
4. Coat bottom of stainless steel pan with olive oil and warm and medium heat.
5. Cover bottom of the pan with pine nuts. Sautee briefly until they turn a lightly golden brown color.
6. Add a small amount more oil and the sun dried tomatoes. Toss the pine nuts until tomatoes are soft, about 2 minutes.
7. Add the raw garlic and toss with pine nuts and sun dried tomatoes. Saute very briefly, as the garli will burn.
8. Add the kale, splash of balsamic vinegar and more olive oil if needed. Let steam for a moment.
9. Toss in the pan and coat everything. It should be done in about a minute or two, when kale turns a vivid, dark green color.