



# KALE SALAD WITH *Raisins and Nuts*

Total Time: 30 Minutes | Yield: 6 Servings

## INGREDIENTS

- 12 cups chopped kale (about 3 bunches)
- 2 tablespoons oil
- 3 cloves garlic, chopped
- ¼ cup water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons raisins (or dried cranberries)
- 2 tablespoons walnuts, chopped (or your favorite nut or seed)

## DIRECTIONS

- Wash kale well and trim tough stems.
- Pile several leaves together, slice into ribbons about 1 inch wide.
- Heat oil in a large skillet. Sauté garlic for 1 minute until soft (do not brown).
- Add kale ribbons and ¼ cup water.
- Stir to coat. Add more water as needed.
- Cover.
- Cook covered over medium heat until soft (about 10 minutes).
- Add salt, pepper, nuts and raisins. Stir to combine.
- Allow remaining liquid to evaporate.
- Serve.

