



MARKET TO MEALTIME!

Greens, Roots, and Fruits

cooked

Kale with Nuts & Raisins



GREEN OF THE MONTH: KALE

Kale is in season from May to June, and September to November.

Ingredients:

1 bunch of kale, washed and dried
2 cloves garlic
2 tablespoons of olive oil
handful of nuts (any kind is fine) and raisins
salt to taste

Directions:

1. Remove kale stems and chop kale finely.
2. Heat oven to 350°. Toast nuts for 5 minutes.
3. Heat olive oil in medium frying pan. Cook chopped garlic for 30 seconds. Toss in kale and cook on medium-low for 4 minutes. Toss in raisins and cook for 1 more minute on low. Turn off heat, add toasted nuts, and mix. Add salt to taste.

Makes 5 1-cup servings



Always wash your hands,
fruits, and vegetables
before preparing food