

## Kale with Raisins

**Yield:** 6 servings

**Serving Size:** 2 cups

**Total Time:** 25 minutes

### Ingredients

- 12 cups chopped kale (about 3 bunches)
- 2 tablespoons walnuts, chopped
- 1½ tablespoons canola or olive oil
- 3 cloves garlic, chopped
- ¼ cup water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons raisins, chopped

### Preparation Instructions

1. Wash kale well and trim tough stems. Pile several leaves together and slice into ribbons about 1 inch wide.
2. Heat a large, dry skillet and toast chopped nuts for 3-5 minutes until fragrant, stirring frequently. Set aside to cool.
3. Heat oil in same skillet and sauté garlic for 1 minute until soft (do not brown). Add kale ribbons and ¼ cup water and cover. Cook over medium heat until soft, 10 to 15 minutes, adding more water if necessary.
4. Add salt, pepper, nuts and raisins and stir to combine. Allow remaining liquid to evaporate. Serve.

### Nutrition Analysis

Per serving: 130 calories; 6g fat (0.5g saturated, 0g trans); 0mg cholesterol; 105mg sodium; 17g carbohydrate (3g dietary fiber; 0g sugar); 5g protein. Vitamin A 410%, Vitamin C 270%, Calcium 20%, Iron 15% Daily Value.

### Cost

Per serving: \$0.99

Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

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