

Green leafy vegetables are a key part of a healthy diet. They are rich in essential vitamins and minerals as well as antioxidants. Green leafies have fallen by the wayside in most American diets, so many people do not have experience with them. The two main keys are that they are lightly cooked (not raw) and a hint of vinegar helps cut the potential bitterness that many people find unpalatable. Here is my favorite recipe for cooking kale. I consider this a Pacific Northwest staple.

Garlic Soy Kale

- 2 cloves garlic coarsely chopped
- 1 Tbs Extra Virgin Olive Oil
- 1-2 Tbs Balsamic Vinegar
- 1 Tbs Soy sauce or Tamari
- 1 – 2 Tbs water
- 2 bunches of kale rinsed and chopped into 1-2 inch squares
- 1 Tbs Gomasio or Sesame seeds (optional)

- heat large skillet 1 min on med heat
- add 1 Tbs olive oil to warmed skillet
- add chopped garlic and sauté lightly 30 seconds
- Add chopped Kale and water, stir to coat with oil
- Cover skillet and allow to steam / sauté for 1-2 min,
until kale turns bright green, but before it wilts completely.
- Add balsamic vinegar and soy sauce, stir, cook 30 seconds longer