

Crispy Kale

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

1 large bunch kale
1 tablespoon grapeseed oil
Salt and pepper to taste
Sesame seeds (optional)

Directions:

1. Wash and dry your kale, and remove the stems. Cut into bite sized pieces.
2. Heat a large skillet, preferably a wok or non-stick pan, over high heat. When it is very hot, add the oil and then the kale.
3. Stir with tongs constantly—you are trying to get the kale bites to be crispy without burning, so this is much like a stir-frying process. When the kale is still a vibrant green and is slightly crispy, you're done. Depending on the heat of your skillet and the size of your kale bites, this can take between 3 and 5 minutes.
4. Sprinkle with salt and pepper, and sesame seeds if desired.

Tips and Tricks:

This is a great way to add not only some fun greens to a meal, but to enhance the texture of a meal. I love serving this with soft items like creamy polenta or mashed potatoes since the flavors marry very well and the texture difference is a great compliment.

Nutritional Information Per Serving:

Calories: 79.6
Fat: 4.2 g
Cholesterol: 0
Sodium: 43.3 mg
Total Carbohydrate: 10.1 g
Dietary Fiber: 2 g
Sugars: 0
Protein: 3.3 g