



KALE WITH RAISINS

- Serves: 2
- Ready In: 5 minutes

Ingredients:

- 12 cups chopped kale (about 3 bunches)
- 2 tablespoons walnuts, chopped
- 1 1/2 tablespoons oil
- 3 cloves garlic, chopped
- 1/4 cup water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons raisins, chopped

Directions

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



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ALWAYS wash fruits and veggies when preparing for cooking or eating.
When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.