

Kale with Raisins and Toasted Pine Nuts (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

Sauteing the raisins briefly gives them a glossy look and caramelized taste. Combined with the nutty flavor and soft texture of the pine nuts, this dish is a hit every time it's served. It tastes delicious over pasta, too.

Serves 2-3

¼ cup toasted pine nuts

¾ lb kale (about 6 cups, chopped)

2 cups water

2 tsp extra virgin olive oil

2 garlic cloves, minced

1/3 cup raisins

salt to taste

To toast pine nuts, place them on a pie tin or cookie sheet and bake at 325 degrees for 5 minutes, or until golden brown. Take care not to burn the nuts. Set aside.

Wash kale and strip the leaves off the stalks. Discard stalks and roughly chop kale. Bring the water to a boil in a 10-12 inch skillet that has a tight-fitting lid. Add the kale and cook, covered, over high heat, stirring occasionally, until tender, approximately 5 minutes. Remove and drain, saving the cooking liquid to drink.

Rinse out and dry the skillet, then use it to heat the olive oil over medium heat, lifting and tilting the pan to coat. Add garlic and sauté for 15 seconds. Add raisins and sauté for 30 seconds to 1 minute, stirring constantly to prevent browning or burning. Raisins should be glossy and slightly puffed.

Add greens and stir to combine. Season with salt to taste and cover for a minute until greens are heated through. Serve hot, garnished with the toasted pine nuts.