

**Stir-Fried Kale, Carrots, and Walnuts** (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

*Kale’s versatility as a vegetable makes it a good choice for an easy stir-fry. The cooked kale will be slightly crunchy. Serve with steamed fish and rice for a pleasant contrast in texture and flavor. Our tester served this with black-eyed peas and corn bread. Yum!*

Serves 3-4

¾ lb kale

3 tsp canola oil

1/3 cup walnuts, coarsely chopped

2 garlic cloves, peeled and coarsely chopped

2 quarter-size slices of fresh ginger

¼ tsp red pepper flakes, or to taste

2 carrots, peeled and cut into thin matchsticks

2-4 Tbsp water or chicken or vegetable broth (optional)

sea salt or soy sauce to taste

Wash kale and strip the leaves off the stalks, discard the stalks, then cut the kale into 1/8 inch strips. Cut slices in half. Set aside.

Heat a large wok over medium-high heat. Add 1 tsp of the oil to the pan and swirl around to coat the bottom of the wok. Add the walnuts and toast, stirring constantly, for about 1 minute. Set aside to drain on a paper towel.

Add the remaining oil to the wok. Swirl again. Add the garlic and ginger and stir-fry for 10 seconds. Add the red pepper flakes and carrots and stir-fry for 1 minute.

Add the shredded kale and toss well to coat with oil. Press down on the kale, cover, and let cook for 30 seconds. Stir-fry again and then cover. Cook for 3 minutes longer, stirring contents of pan about every minute to avoid burning kale. The steam generated should be enough to complete the cooking process, but 2 Tbsp water or broth can be added during the cooking process, if desired, to increase steam and tenderness of kale. Taste and season with salt or soy sauce. Remove ginger slices and serve hot, garnished with walnuts.

*Cutting matchsticks: An easy way to cut carrots into thin matchsticks is first to cut the carrots on a sharp diagonal into oval slices. Then stack 2-3 slices and cut them into 1/8 inch wide strips. These thin strips cook quickly and are nice for salads too.*