

Sesame Kale (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

Serves 3-4

$\frac{3}{4}$ lb kale (about 6 cups), washed, stemmed, and coarsely chopped

1 Tbsp sesame or olive oil

1-2 tsp finely chopped fresh garlic

$\frac{1}{2}$ cup chopped scallions, white and green parts

salt to taste

1 $\frac{1}{2}$ Tbsp toasted sesame seeds

Bring 2 cups water to a boil in a large 10-12 inch skillet that has a tight-fitting lid. Add chopped kale and cook for about 5 minutes, stirring occasionally, until kale is tender. Remove cooked kale with slotted spoon to drain, saving cooking water to drink.

Rinse out and dry the skillet, then use it to heat the oil over medium-low heat. Add garlic and sauté for about 1 minute. Stir in scallions and cook for another minute.

Add cooked kale and salt to taste and stir to combine. Cover and cook for 1-2 minutes until kale is hot. Sprinkle with sesame seeds and serve immediately.