

Toasted Sesame Kale



Yield: 6-8 servings

2 bunches KALE, WASHED
2 Tbsp. SESAME SEEDS
3 Tbsp. TOASTED SESAME OIL
½ tsp. SEA SALT

Procedure:

1. Remove the tough stems of the kale and rip or cut the leaves into pieces.
2. In a large frying pan, heat sesame seeds at a medium-high heat until they start to pop.
3. Add half of kale plus 2 Tbsp. of the oil and stir well. When kale begins to cook down, add other half of the kale, salt and remaining oil and continue cooking until greens are softened but still a vibrant green color. Serve immediately.



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