



GREENS WITH CARAMELIZED ONIONS, PINE NUTS AND RAISINS

Serves 6

Ingredients:

6 cups Kale, chopped,
2 tbsp Extra virgin olive oil, pure pressed, organic
1 Red Onion, sliced
1/4 tsp Sea Salt
1 clove Garlic
1/3 cup Raisins
1 tbsp Pine nut

Recipe Directions:

Cover the kale with cold water and set aside.

In a heavy bottomed skillet heat olive oil on medium heat. Add onions and a pinch of salt. Saute for 5 minutes. Decrease the heat to low and cook slowly until the onions are caramelized about 20 minutes.

Add garlic and stir about 30 seconds, just until aromatic. Add the raisins and stir about 30 seconds. Deglaze the pan with 2 tablespoons of water to loosen all the flavorful bits from the bottom.

Begin adding the greens to the pan with a pinch of salt, continue to add the greens as it fits into the pan. Cover the pan and cook the greens until tender about 2-3 minutes.

Arrange the greens on a plate and sprinkle with the toasted pine nuts. Serve hot.

Nutrient Analysis:

Calories: 141.58 Protein: 4.69 g Carbs: 16.38 g Total Fat: 5.70 g
Sat Fat: 0.75 g Cholesterol: 0.00 mg Sodium: 739.41 mg Fiber: 4.71 g

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www.merylb.com

email: meryl@merylb.com