



Santa Rosa Hills CSA

Kale

Kale with Walnuts

(Gourmet, November 2009)

Rancho la Viña walnuts can be purchased during the Thursday delivery times or added to your box through special order on our website.

Ingredients:

- 1 large bunch kale, stems and center ribs discarded
- ½ cup chopped walnuts
- 3 Tbs vegetable oil
- 2 cloves garlic (1 clove elephant garlic), finely chopped
- salt and pepper, to taste

Preparation:

- 1) Tear kale into large pieces, then cook in a large pot of well-salted boiling water, uncovered, until tender, about 6 minutes.
- 2) Drain kale. When cool enough to handle, press out excess liquid.
- 3) Cook walnuts in oil in a 12-inch heavy skillet over medium-low heat, stirring occasionally, until pale golden, about 5 minutes.
- 4) Stir in garlic. Cook garlic and walnuts, stirring constantly, until very fragrant, about 1 minute.
- 5) Add kale and salt and pepper to taste and cook, tossing, until heated through and slightly wilted.
- 6) Serve kale warm or at room temperature. Garnish with additional chopped walnuts.