

# INTENTIONAL SOUP

## 3 VERY FAST RECIPES FOR KALE

If you are living a fast-paced life and want to get the most out of your food here are three very easy recipes for cooking kale. Kale is one of the most nutrient filled greens on the planet.

### Shopping List

Kale: One fresh head or (faster) pre-washed chopped, bagged.

Garlic: fresh or (faster) pre-chopped, buy in glass jars in the produce department of your local grocery.

Olive Oil: Extra Virgin or light, which ever you prefer.

Salt: Himalayan is an abundant source of minerals.

### SAUTÉED KALE WITH GARLIC

1. Heat on medium, 1-2 Tablespoons olive oil in a cast iron pan.
2. Add 2 cloves of chopped garlic or (faster) 1 Tablespoon of pre chopped garlic stir with that custom made wooden spoon you bought at the farmers market last year and have never used. Or the one you use all the time. Cook until the aroma of garlic fills the kitchen. 1-2 minutes.
3. Chop Kale: remove thick stems, chop into medium pieces or (faster) open a bag of pre-washed chopped kale, add it to the garlic oil mixture and stir until kale is wilted. 2 minutes or so. You want to eat it bright green so do not over cook it.
4. Add salt to taste.

### J'S CRISPY KALE

My kids love this!

1. Wash and spin dry a head of kale, (faster) open a bag of pre-washed chopped, kale.
2. Place kale in a large stainless steel bowl, add enough olive oil to coat the kale, 2-3 Tablespoons, add 3-4 cloves of chopped garlic or (faster) 2-3 T chopped garlic.
3. Sprinkle with salt, mix with your hands, pour it all onto a seasoned cookie sheet and bake at '450 for 10-20 minutes stir a few times, cook until crispness you desire.

### STEAMED KALE

1. Set up your steamer pot, place water in the bottom, bring water to a boil.
  2. Remove thick stems and chop kale into medium size pieces (faster) use a bag of pre-washed chopped kale.
  3. When water is boiled turn off heat, add kale and cover for 1 minute. Keep the kale bright green.
  4. Remove from heat, place in serving bowl, add olive oil and 1 fresh lemon.
- Whatever you eat, where ever you eat,  
Give thanks for your food.

SERVE WITH LOVE

