

Greens with Raisins and Toasted Pine Nuts

What a wonderful way to enjoy nutrient-packed green leafy vegetables.

1/4 cup pine nuts
1/4 cup raisins
2 cloves garlic, crushed
1 bunch soft kale or Swiss chard
1-2 cups water, as needed
1 Tbsp. extra-virgin olive oil or to taste
salt or soy sauce to taste

1/4 cup toasted pine nuts (baked at 300° until golden, about 8 min.)

Place nuts and raisins in a pie plate and toast in a 325° oven for about 5-8 minutes. Raisins will puff up and nuts will be lightly toasted. Set nuts and raisins aside. Wash greens, remove fibrous central stem with a knife or by stripping leaves. Place leaves one on top of the other in a tight, neat pile. Roll leaves lengthwise (jelly roll-style) into a tight roll and cut crosswise into 1/2" ribbons.

Place garlic and 1 cup water in a skillet over medium heat. Cover skillet and braise garlic a few minutes until soft. Add strips of kale and water. Continue braising, covered, over medium high heat until kale is tender, about 4-10 minutes. Add water as necessary during cooking. Drain cooked kale, add nuts and raisins, olive oil, and soy sauce or salt to taste, blending gently.

Adapted by Kay Bushnell from *Greens Glorious Greens!* by J. Albi and C. Walthers