

# Herbal Legacy Recipes

## Steamed Kale

Makes about 4 1/2-cup servings

### INGREDIENTS:

- 1 bunch (about 1 pound) kale
- 1/2 cup water
- 1-2 teaspoons Bragg's Liquid Aminos  
(similar to tamari or soy sauce)
- 2 - 3 garlic cloves, minced
- Raw sesame seeds



### DIRECTIONS:

1. Wash kale, remove stems, and chop leaves into 1/2-inch strips.
2. Heat water and soy sauce in a large pot or skillet and add garlic. Cook 30 seconds, then add kale, toss to mix, cover, and cook over medium-low heat for 3 to 5 minutes.
3. Add water, 1 tablespoon at a time, if necessary, to keep the kale from sticking.
4. Garnish with a sprinkling of raw sesame seeds.

*Adapted from a recipe in Eat Right, Live Longer by Neal D. Barnard, M.D.; recipe by Jennifer Raymond M.S., R.D.*

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