

Sauteed Kale with Tahini Sauce

From – simplyrecipees.com

1 lb kale, well rinsed
2 Tbsp olive oil
1 cup chopped onion
1 clove garlic, minced
salt
4 Tbsp tahini (use tahini made with toasted sesame seeds, not raw)
2 Tbsp lemon juice
3 to 4 Tbsp water
1 tsp dark sesame oil
1 Tbsp toasted sesame seeds for garnish

- Remove and discard the center rib. Slice the leaves into 1/2" ribbons.
- Heat olive oil on medium-high heat in a large saute pan.
- When hot, add chopped onion. Cook for a couple of minutes until translucent
- Add garlic and cook for a minute more.
- Add the kale. Even if you have a pretty large pan, the kale will be practically falling out of it. Put in as much as you can and use tongs to turn over and mix with oil and onions. After a couple minutes, the kale should wilt a bit so you can add the rest of the raw kale.
- Cook, turning the kale leaves over occasionally, until the kale leaves have wilted and are tender.
- Sprinkle a little salt over the kale leaves while cooking.
- While the kale is cooking, whisk together the tahini, lemon juice, water, 1/2 tsp salt and dark sesame oil. Add more salt and sesame oil to taste.
- Once the kale is done, toss in the sauce, reserving a little to drizzle on top.
- Serve topped with a little sauce and toasted sesame seeds.



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