

Sauteed Kale with Toasted Cashews

From – simplyrecipes.com

½ to ¾ cup unsalted, roasted cashews, roughly chopped
olive oil
½ onion, sliced
½ tsp red pepper flakes
1 bunch kale, rinsed, tough midrib removed, roughly chopped
1 Tbsp lemon juice, plus more to taste
salt

- Heat a large, shallow saute pan, on medium high.
- Add the cashews and spread out in an even layer.
- Toast, stirring occasionally, until lightly browned here and there and you smell the aroma of the toasted cashews.
- Remove from the pan to a bowl.
- Add a couple tablespoons of olive oil to the pan. Heat on medium.
- Add the onions and cook until translucent, about 5 minutes.
- Increase the heat to high/medium high.
- Add a couple tablespoons more of olive oil to the pan.
- Add the red pepper flakes and the roughly chopped kale.
- Use tongs to turn the kale leaves over so that they are all coated with olive oil
- Cook just a couple minutes, turning the leaves often, until they are just beginning to wilt.
- Sprinkle on lemon juice and salt.
- Remove from heat.
- Stir in the cashews.
- Add more salt and lemon juice to taste.



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