

Sesame Kale and Corn



Makes:

6 servings, as a side dish

Utensil:

Saladmaster Food Processor
12" Chef's Gourmet Skillet
small mixing bowl

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Recipe:

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Recipe Description:

There are many significant health benefits for consuming dark leafy greens on a daily basis. Kale is an exceptional source of calcium, iron, Vitamin A and C and chlorophyll. Cook up this nutritious side dish in less than 10 minutes in the Saladmaster Chef's Gourmet Skillet.

1 large bunch, approximately 3 cups (201 g)
curly kale, trimmed, washed and cut into small pieces
2 cloves
garlic, shredded, use Cone #1
1 cup
corn kernels, fresh or frozen
(164 g)
1 ½ tablespoons
tamari, naturally fermented soy sauce
(22 mL)
½ teaspoon
sesame oil, toasted
(2.5 mL)
2 tablespoons
sesame seeds, toasted
(16 g)

Directions:

1. Place kale and garlic in skillet. Put corn kernels on top of kale. Place 12" Electric Skillet cover on skillet and turn heat to medium. When the Vapo-Valve™ clicks, reduce heat to low and cook for 6 - 8 minutes, until kale is cooked.

2. Mix tamari, toasted sesame oil, and 1 tablespoon of toasted sesame seeds in a small bowl.
3. When kale is cooked pour tamari mixture over kale and toss to combine.
4. Taste kale and add additional seasonings as needed. Sprinkle remaining toasted sesame seeds on top of kale and serve.

Tips:

- Add a pinch or two of crushed red pepper to make this spicier.
- Serve kale with tempeh for a vegan entrée.
- Leftover kale, combined with an egg, makes a delicious breakfast scramble.

Nutritional Information per

▼ Serving

Calories: 76
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 339mg
Total 10g
Carbs:
Dietary Fiber: 2g
Sugar: 1g
Protein: 3g