



Sauteed Kale with Lemon and Pine Nuts

MyPlate2Yours - Lynn Dugan

Ingredients

- 1 tablespoon canola oil
 - 1 jalapeno pepper, seeded and chopped
 - 1 tablespoon honey
 - 1 lemon, very thinly sliced and quartered, seeds removed
 - 1-1/2 pounds of kale, tough stems and ribs removed, leaves chopped (I used a Trader Joe's' 10-ounce bag of ready-to-eat kale)
 - 6 green onions, cut into 1-inch pieces
 - 1/4 cup pine nuts, toasted (in 450°F oven for 3 minutes or in a small skillet on stovetop until golden brown)
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Directions

Heat oil and jalapeño over medium heat. Add lemon and honey, stir until lemon begins to break down, about 2 minutes. Add kale, stir while cooking, 3 minutes. Add green onions and freshly ground pepper & salt, to taste. Cook 1 minute more and top with pine nuts to finish. Serve warm or at room temperature. Enjoy!