



Kale with Nuts and Raisins

Makes: 5 Servings

Ingredients

1/4 cup nuts, chopped

2 tablespoons vegetable oil

2 cloves garlic, chopped

4 cups kale, stems removed and chopped (1 bunch)

1/2 cup raisins

salt (optional, to taste)

Directions

1. Heat oven to 350°F.
2. On a baking sheet, toast nuts for 5 minutes.
3. Heat oil in frying pan on medium heat.
4. Add garlic and kale to frying pan and cook for 4 minutes.

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	30 mg
Total Carbohydrate	20 g
Dietary Fiber	2 g
Total Sugars	10 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

5. Add raisins and nuts and cook for 1 minute more.
6. Add salt to taste (optional)

Notes

Walnuts used for costing and nutrition analysis.

Source: University of Maryland Extension.Eat Smart. Be Fit. Recipes.