

Steamed Kale

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Step 1: Steaming the Kale

- 1 bunch kale, cleaned

Set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

To prepare the kale, remove the leaves from the stem. Tear into bite size pieces. Wash thoroughly in cold water and spin dry.

Place the kale into the steamer basket. Place the basket over the simmering water. Cover with a lid and let steam until tender and cooked through, about 5 to 10 minutes. Make sure to toss the kale half way through to ensure even cooking.

Step 2: Assembling the Dish

- squeeze of lemon or citrus of your choice
- freshly ground black pepper, to taste
- pinch of sea salt, to taste

Once the kale is done to your liking, use tongs to remove it from the steamer basket. Shake the excess water off of the kale before transferring it to a large bowl. Squeeze the lemon or your choice of citrus over the kale and toss well.

Lastly, taste the kale for seasoning and serve immediately.