Steamed Kale

Forks Over Knives Online Cooking Class (Rouxbe)

Servings: 2

Ingredients:

- 1 bunch of kale, cleansed
- Squeeze of lemon or citrus of choice
- Freshly ground black pepper to taste
- Sea salt to taste

Directions:

1. Set up a steamer, fill with one inch of water and place over medium-high heat.
2. Prepare the kale by removing the leaves from the steams and tearing into bite size pieces. Wash thoroughly in cold water and spin dry.
3. Place the kale into the steamer basket and place the basket over the simmering water.
4. Cover with a lid and let steam until tender and cooked through, about 5 to 10 minutes, tossing half way through to make sure it cooks evenly.
5. Once the kale is to desired tenderness, use tongs to remove it from the steamer basket, shake off any excess water, and place it in a large bowl.
6. Squeeze the lemon or your choice of citrus over the kale and toss well.
7. Add salt and pepper to taste and serve immediately.
   Note: For a little extra tasty layer, top with Seed and Spice Blend (see recipe).