

Stir-Fried Kale, Carrots, and Walnuts

(adapted from Greens Glorious Greens, by Johnna Albi and Catherine Walthers)

¾ lb. kale

3 tsp. olive oil

1/3 c. walnuts, coarsely chopped

2 large garlic cloves, peeled and coarsely chopped

2 quarter-size slices of fresh ginger

¼ tsp. red pepper flakes, or to taste

2 carrots, peeled and cut into thin matchsticks

2-4 TBSP. water or chicken or vegetable broth (optional)

Sea salt to taste

1. Wash kale and strip the leaves off the stalks, discard stalks, then cut kale into 1/8 inch strips, Cut slices in half. Set aside.
2. Heat a large wok over medium-high heat. Add 1 tsp of the oil to the pan and swirl around to coat the bottom of the wok. Add walnuts and toast, stirring constantly, for about 1 minute. Set aside to drain on a paper towel.
3. Add the remaining oil to the wok. Swirl again. Add the garlic and ginger and stir-fry for 10 seconds. Add the red pepper flakes and carrots and stir-fry for 1 minute.
4. Add the shredded kale and toss well to coat with oil. Press down on the kale, cover and let cook for 30 seconds. Stir fry again and then cover. Cook for 3 minutes longer, stirring contents of pan about every minute to avoid burning the kale. The steam generated should be enough to complete the cooking process, but 2 tbsp. water or broth can be added during the cooking process, if desired, to increase steam and tenderness of kale. Taste and season with salt or soy sauce. Remove ginger slices and serve hot, garnished with the walnuts;