

## Kale with Sweet Soy

### Ingredients

- 1/4 cup low sodium soy sauce
- 1/3 cup brown sugar
- 1 green garlic or 1 garlic clove, minced
- 2 T sesame or olive oil
- 1 ½ lbs. kale, chopped into ribbons

### Preparation

1. Place the soy sauce and sugar in a saucepan and cook over low heat until slightly caramelized and thickened, about 5 minutes.
2. Remove from the heat and stir in the chopped green garlic, and 1 T oil.
3. Add kale to the sauce pan and toss.
4. Heat a large sauté pan with ½ T of oil.
5. Add half of the kale mixture and sauté until wilted.
6. Remove to a serving bowl or container and add other half of kale.

### Other options for kale:

- Sautee in oil until slightly wilted, add **Zocalo** three pepper sauce—great side dish with tacos or enchiladas
- Sautee quickly with a few tablespoons of **Hope's Garden** Jalapeno or Sundried tomato pesto
- Sautee in oil until slightly wilted, toss with cooked **M.E. Amore** spinach ravioli