

## **Joseph's Talk-n-bout Good Kale**

1. Heat olive oil in a large skillet over medium/ low heat 6 to 8 minutes, add minced shallot. When the shallot starts to turn translucent, add minced garlic (stir frequently or garlic will burn).
2. When the garlic releases its essence and starts to change color, add the kale in small amounts (about one handful at a time) and fold into the garlic and shallots. Continue adding kale until all of it is in the skillet. Add small amount of water so kale wilts, but does not stick to the skillet. Cover and stir occasionally adding additional water if needed to keep the kale from sticking until it is fully wilted (it should take about 10-12 minutes). Season with "Savory Spice Shop" Capital Hill seasoning blend or a good seasoned salt to taste.
3. Add dates and stir, add the bell peppers in the final 3-5 minutes of cooking, stirring occasionally. You want the peppers to still have some crispness to them.
4. In separate pan lightly toast the walnuts. Toasting the nuts lightly releases the essential oils in them and enhances their flavor. Finish the kale with the toasted nuts just prior to serving. The peppers add additional antioxidants plus visual interest, the walnuts add omega-3s and additional texture. I sometimes add chopped sautéed mushrooms to the dish as well.

### **Ingredient list**

Serves about 4 people takes about 20 minutes start to finish.

2-3 tbs. olive oil

2-3 finely minced cloves of garlic

1/2 small shallot minced

1/3 red bell pepper 1/8 inch diced

1/4 cup chopped walnuts

1/4 cup pitted dates chopped

\* 1/3 cup sautéed Baby Bella or white button mushrooms (optional item)

1/8 cup water

Capital Hill seasoning from "Savory Spice Shop" or high quality seasoning salt.

3 bunches kale thoroughly washed, remove the main rib to the tip. Roll leaves then slice into 1/4" ribbons or chop if you like, (ribbons give the dish visual interest).

*\* This is an optional item*