

ANDREW'S KALE RECIPE

15 leaves kale
1 tomato
1 small hot pepper
1 small leek or shallots
1 tsp chicken or vegetable bouillon powder
1/8 cup chopped walnuts
olive oil

Cut kale into bite size pieces. Dice tomato, pepper and leek.

Sauté leek and hot pepper in olive oil. Add tomato and kale. Stir until wilted. Add a teaspoon of bouillon powder, mix in. Add chopped walnuts. Serve hot.

Recipe belongs to Andrew Blanchard
Victoria BC