WWholehearted Yoga

Kale & Cumin

Ingredients:

1 bunch of kale
2 tsp cumin seeds
1 TBSP olive oil
Juice of ½-1 lime (to taste)
Kosher salt (to taste)

Instructions

- 1. Wash kale, remove stems and chop into bite sized pieces.
- 2. Place the cumin seeds in dry skillet and toast over medium heat for a minute or two until they become fragrant. Remove the seeds from the pan and set aside. Heat oil in the same skillet. Cook kale over medium high heat until wilted, but still bright green about 4 or 5 minutes. Add the cumin seeds, lime juice and a big pinch of kosher salt. Adjust salt and lime to your taste.

The story behind this recipe. I was looking for a side dish to go with Huevos Rancheros. This was a great complement. It would also be good in a burrito or taco.