



LOON ORGANICS

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Emerald Sesame Kale

1 bunch kale

2-3 Tbsp toasted sesame seeds

2 Tbsp. Toasted Sesame Oil

½ stalk green garlic, 2 garlic scapes or 2 cloves garlic

2 tsp. Tamari or Soy sauce (to taste)

Toast raw sesame seeds in a hot oven for 5 minutes turning occasionally until brown. Separate kale leaves from rib. Grasp kale leaf on each side next to the center rib and kale will easily pull away from rib. Wash leaf and chop into small-ish pieces. Steam for 5-8 minutes until wilted. Drain kale and toss in bowl with sesame oil, chopped garlic, tamari, and toasted sesame seeds. Serve hot, or chill and serve cold. Serves 2-4.