



## emerald sesame kale /

serves 4

### by-hand preparation /

Heat coconut oil and sesame oil in a large sauté pan over medium heat.

Add garlic and ginger, and sauté for one minute, until the garlic just begins to brown.

Add the chopped kale, and sauté for 4 minutes, stirring frequently.

Sprinkle some water over the kale if it begins to stick to the pan.

Add Bragg's AA's and sesame seeds. Stir to incorporate well.

Serve immediately.

### organic ingredients /

2 tsp. coconut oil

1 tsp. toasted sesame oil

2 cloves garlic, minced (1 tsp.)

1 tbsp fresh ginger, minced

2 bunches kale, washed, heavy stems

removed, leaves chopped

1 tbsp Bragg's Amino Acids

1 tbsp sesame seeds