



# Dragon's Sizzlin' Sesame Kale

Try  
something  
new!



### Ingredients:

1 1/2 lb kale  
2 tsp sesame oil  
2 garlic cloves, minced  
1/4 cup chicken broth -  
reduced-sodium, low fat  
1 Tbsp lite soy sauce  
2 tsp sesame seeds  
black pepper to taste

### Safety:

Ask a parent or guardian for help when using the stove. Keep your fingers curled under when using the knife.

Recipe approved by the American Diabetes Association

### Directions:

1. Wash the kale under cold water.
2. Cut off and discard tough stems.
3. Slice the leaves once down the middle, then cut them crosswise into 1-inch-wide strips.
4. In a wok or deep skillet, heat the oil to medium-high heat.
5. Add the garlic and saute for 10 seconds.
6. Add the kale and the broth and cover and steam for 3 minutes until the kale wilts.
7. Add the soy sauce.
8. Top with sesame seeds and black pepper.

### Nutrition:

Recipe makes 6 servings  
Each serving counts as 1 vegetable

from the kitchen of  
**Playnormous**

