

## Dragon's Sizzlin' Sesame Kale

### Ingredients:

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

### Directions:

1. Wash the kale under cold water.
2. Cut off and discard the tough stems.
3. Slice the leaves once down the middle, then cut them crosswise into 1-inch-wide strips.
4. In a wok, heat the oil to medium-high heat.
5. Add the garlic and sauté 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:

- This recipe makes 6 servings.
- Each serving counts as 1 vegetable.

### Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.
- CAUTION – Ask a parent or guardian for help when using the stove.

Source: American Diabetes Association

