

Kale with Cranberries (GF,CF)

2 bunches kale (washed, de-stemmed, chopped into small pieces)

¼ cup pine nuts

¼ cup dried cranberries (fruit juice sweetened)

3 tablespoons olive oil

1. Steam the kale until it is bright green
2. Meanwhile, in a cast iron skillet, toast the pine nuts
3. Allow kale and pine nuts five minutes to cool, then toss together in a large bowl
4. Add dried cranberries and olive oil
5. Toss and serve