Greens with Raisins and Toasted Pine Nuts

What a wonderful way to enjoy nutrient-packed green leafy vegetables.

1/4 cup pine nuts
1/4 cup raisins
2 cloves garlic, crushed
1 bunch soft kale or Swiss chard
1-2 cups water, as needed
1 Tbsp. extra-virgin olive oil or to taste
salt or soy sauce to taste

1/4 cup toasted pine nuts (baked at 300° until golden, about 8 min.)

Place nuts and raisins in a pie plate and toast in a 325° oven for about 5-8 minutes. Raisins will puff up and nuts will be lightly toasted. Set nuts and raisins aside.

Wash greens, remove fibrous central stem with a knife or by stripping leaves. Place leaves one on top of the other in a tight, neat pile. Roll leaves lengthwise (jelly roll-style) into a tight roll and cut crosswise into 1/2” ribbons.

Place garlic and 1 cup water in a skillet over medium heat. Cover skillet and braise garlic a few minutes until soft. Add strips of kale and water. Continue braising, covered, over medium high heat until kale is tender, about 4-10 minutes. Add water as necessary during cooking. Drain cooked kale, add nuts and raisins, olive oil, and soy sauce or salt to taste, blending gently.

Adapted by Kay Bushnell from Greens Glorious Greens! by J. Albi and C. Walthers