

# Kale with Nuts and Raisins

Nuts and raisins add protein and fiber to this bright green dish.

Makes: 5 servings  
 Prep Time: 10 minutes  
 Cook Time: 15 minutes

Source: [choosemyplate.org](http://choosemyplate.org) recipe/ kale with nuts and raisins

## Ingredients

- 1/4 cup nuts, chopped (walnuts were used for nutritional information but can be substituted with other nuts of choice or seeds)
- 2 tablespoons vegetable oil
- 2 cloves garlic, chopped
- 1 cup kale, stems removed and chopped (1 bunch)
- 1/2 cup raisins
- salt (optional, to taste)

## Directions

1. Heat oven to 350°F.
2. On a baking sheet, toast nuts for 5 minutes.
3. Heat oil in frying pan on medium heat.
4. Add garlic and kale to frying pan and cook for 4 minutes.
5. Add raisins and nuts and cook for 1 minute more.
6. Add salt to taste (optional)



Small Changes,  
 BIG Difference!

Click image to watch the recipe video.



### Nutrition Information

Serving Size: 1/5 of recipe	
Nutrients	Amount
Calories:	160
Total Fat:	10 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	46 mg
Total Carbohydrates:	18 g
Dietary Fiber:	2 g
Total Sugars:	9 g
Added Sugars:	0 g
Protein	4 g

## Utensils Needed

- Knife
- Cutting Board
- Baking Sheet
- Large Skillet/ Frying Pan

# SHOPPING LIST

Average total cost without oil and seasonings: \$8.17

Average cost/serving: \$1.63

Recipe makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Walnuts (6 oz)



Add 1 to Cart  
Fresh Garlic Bulb (4 oz avg.)



Add 1 to Cart  
Fresh Kale, 1 bunch



Add 1 to Cart  
Raisins (12 oz)

**My Cooking Notes**

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