



April 30- Kale with Nuts and Raisins

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/kale-nuts-and-raisins>

Recipe

Ingredients:

- 1/4 cup nuts, chopped
- 2 Tablespoons vegetable oil
- 2 cloves garlic
- 1 bunch kale
- 1/2 cup raisins

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).

Yield 5 servings

Nutrition Facts

Serving Size 1 cup (86.1g)
Servings Per Container 5

Amount Per Serving

Calories 200 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **13%**

Sugars 10g

Protein 6g **12%**

Vitamin A 110% • Vitamin C 110%

Calcium 10% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.