

WARM SALAD



INGREDIENTS

Santa Barbara Mix lettuce **OR** Romaine lettuce

Additional vegetables you usually put in your salad (tomatoes, peppers, cukes, etc.)

1/2 C Imagine Vegetable Low-Sodium Broth

2 T Extra virgin olive oil **OR** your favorite diet salad dressing

2 C Kale (with ribs & stems removed) (washed, cut into edible size pieces & patted dry)

Non-stick cooking spray

COOKING INSTRUCTIONS

- 1 If using Romaine lettuce, wash, cut & spin dry
- 2 Place lettuce in deep bowl
- 3 Add additional vegetables that you would usually add to your salad
- 4 Spray the bottom of a 5 qt. pot with non-stick cooking spray & pour in the oil or salad dressing
- 5 Add kale & mix thoroughly so oil or salad dressing touches all the kale
- 6 Saute on medium high flame for 3 minutes
- 7 Pour the 1/2 C broth over the kale & cover the pot
- 8 Cook for 5 minutes on medium heat or until the kale is softened
- 9 It's ok if there's a little broth left
- 10 Add the kale & whatever liquid is left in pot to the salad & mix thoroughly

NOTES

- 1 This is the basic salad
- 2 You can make the salad more exciting &/or colorful by adding other warm vegetables like
 - Baked orange squash cut in cubes
 - Brussel Sprouts cut in halves & cooked the same way the kale was done except in a large saute pan
 - Sauteed Red Onions
 - Sauteed mushrooms
- 3 If you're looking to ramp up the seasoning add some dijon mustard &/or a spray of one of these
 - Red wine vinegar
 - Balsamic vinegar
 - Sherry vinegar
- 4 If you don't use all the kale, you can store it in an airtight container in the refrigerator for up to 7 days
- 5 Non-organic kale may have a high level of pesticides