

# Sautéed Kale with Ginger and Soy

BY **CHEF NICK J. SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"Early in the school year, our focus was on getting the kids to eat their greens—kale and spinach in particular. I came up with this idea for a Chinese-style lunch, serving this as a side to orange-flavored chicken. This recipe is just delightful even without the sesame oil or seeds, so don't let that stop you."

—*Chef Nick, Project Bread's School Food Chef*

17 pounds fresh kale, untrimmed  
¼ cup sesame oil or canola oil  
⅔ cup finely chopped fresh garlic  
(about ¼ pound)  
⅔ cup finely chopped fresh ginger  
⅔ cup soy sauce  
¼ cup lime juice (2 limes)  
¼ cup toasted sesame seeds,  
optional (1⅛ ounces)

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: ½ CUP**

Strip the green leafy parts from the stems of the kale and cut ½ inch off of the end; thinly slice the remaining stems. Chop the leafy part into ½-inch strips. Wash stems and leaves in cold water, drain, and spin dry.

In a tilt skillet, combine oil, garlic, and ginger. Sauté until fragrant, stirring often, about 5 minutes.

Add the greens and stems and sauté, stirring often, until the greens wilt and become a deep green color, about 10 minutes.

Add the soy sauce. Cook until the greens and stems are soft and the soy is reduced to a glaze, about 10 minutes more.

Stir in lime juice and sesame seeds (if using).

**NOTE:** *If there is no tilt skillet available in your school, separate the ingredients and cook the kale in small batches in large braising pans or smaller sauté pans. In conjunction with this method, simmer the soy sauce in a pot; doing this will reduce the amount of liquid and intensify the flavor more rapidly.*

## **NUTRITIONAL INFORMATION**

CALORIES: 48; SODIUM: 143.23 MG; SATURATED FAT: 3.23%

## **USDA REQUIREMENTS MET**

½ CUP DARK GREEN VEGETABLE