



Wilted Kale with Coconut, Ginger, and Lime

Yields 4 servings (1/2 cup each)

Ingredients

- 1/2 cup light coconut milk
- 1 teaspoon canola oil
- 1 jalapeño pepper, seeds removed and minced
- 2 teaspoons ginger, minced
- 8 cups kale stems removed and chopped
- 1/2 teaspoon sugar
- 2 teaspoons lime juice
- 1/8 teaspoon salt (optional)

Instructions

1. Heat a deep fry pan over medium-low heat.
2. Add 1 tablespoon coconut milk and canola oil.
3. Add jalapeño and ginger; cook for 1 minute.
4. Add kale; cook for 2 minutes.
5. Add remaining coconut milk and sugar; cover and cook for 4 minutes.
6. Stir in lime juice and a little salt if desired.

Helpful Information

- Kale comes in different varieties. Try kale with blue green, dark green or purple green leaves. Try mixing them together. Do not overcook and you will taste the difference.
- Trying adding chickpeas or your favorite beans. Don't forget to rinse canned beans before using!

Source: Adapted From “Wilted Kale with Coconut, Ginger, and Lime” Cooking Light SEPTEMBER 2013 part of CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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Nutrition Facts	
Serving Size 1/2 Cup	
Servings Per Recipe 4 servings	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 5g	
Vitamin A 410%	• Vitamin C 270%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Label analysis based on ingredients listed.





Col rizada con leche de coco, gengibre y limón

Rinde 4 raciones (1/2 media taza cada uno)

Ingredientes

- ½ taza de leche de coco ligera en grasa
- 1 cucharada de aceite de canola
- 1 ají Jalapeño pequeño, sin semillas y finamente picado
- 2 cucharadas de gengibre finamente picado
- 8 tazas de col rizada, remover los tallos y picarlas finamente
- ½ cucharadita de azucar
- 2 cucharadas de jugo de limón
- 1/8 cucharadita de sal (opcional)

Instrucciones

1. Caliente una sartén a fuego medio.
2. Agregue una cucharada sopera de leche de coco y aceite de canola.
3. Añadir el ají Jalapeño mezclado con el gengibre, cocinar por un minuto.
4. Agregue la col rizada; cocinarla por espacio de 2 minutos.
5. Luego proceda a añadir la leche de coco restante y el azucar; cubrir la mezcla por 4 minutos o hasta que todo este bien cocinado.
6. Finalmente añada el jugo del limón y un poco de sal al gusto.

Información Útil

- La col rizada viene en diferentes variedades. Puedes encontrarla de color azul-verdoso, verde oscuro, o la que tiene hojas verdes y morada. Intente mezclarlas todas juntas. Para mayor sabor no las sobre cocine.
- Puedes tambien acompañarlas con garbanzos o sus habichuelas predilectas. No olvides lavar las habichuelas enlatadas para reducir el contenido de sal, antes de utilizarlas.

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