Sautéed Kale & Chickpeas

Ingredients
- 1 bunch kale
- 1 15.5 oz. can of chickpeas
- ½ cup diced tomatoes
- 2 tbsp. olive oil
- 2 cloves garlic
- Optional: onion, pepper, cilantro, lime juice

Directions
1. Add olive oil to saucepan on medium heat.
2. Sauté garlic, tomato and chick peas for 1 or 2 minutes.
3. Add the cut kale and herbs.
4. Stir until kale is tender.

Other ways to enjoy kale:
- Kale Chips: Bake kale drizzled with olive oil and seasonings at 350°F for 12-15 minutes.
- Kale Salad: Chop washed kale in a salad. To make it soft massage with olive oil for 1-2 minutes.
- Smoothies: Add kale to smoothies.
- Soups: Add kale to soups and stews.

Health Tip of the Month

Supernutritious Kale

Enjoy Kale Raw or Cooked—it’s tasty and nutritious
Kale comes in a variety of colors, flavors, and textures. Check out why kale is good for you:

Vitamin K—important for healthy bones and helps stop too much bleeding.
Vitamin C—support healthy looking skin and helps fight infections and heal wounds.
Vitamin A—supports eye, hair, nail and skin health.
Fiber—prevents constipation and controls your appetite
Folate—lowers risk of heart disease and breast cancer.
Vitamin B6—helps fight disease and prevents some anemias

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