



Cornell University
Cooperative Extension
New York City



Wilted Kale with Coconut Milk, Ginger, and Lime

Yields 4 servings (½ cup each)

Ingredients

- ½ cup light coconut milk
- 1 tablespoon canola oil
- 1 jalapeño pepper, seeds removed and minced
- 2 teaspoons ginger, minced
- 8 cups chopped kale, stems removed
- ½ 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 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	4 servings
Serving size	½ cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 176mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.

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

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Col Rizada Marchita con Leche de Coco, Gengibre y Limón

Rinde 4 porciones (½ media taza cada uno)

Ingredientes

- ½ taza de leche de coco ligera en grasa
- 1 cucharadita de aceite de canola
- 1 jalapeño pequeño, sin semillas y picado
- 2 cucharaditas de gengibre, finamente picado
- 8 tazas de col rizada picada, remueva los tallos
- ½ cucharadita de azúcar
- 2 cucharadas de jugo de limón
- 1/8 cucharadita de sal (opcional)

Instrucciones

1. Caliente un sartén a fuego medio.
2. Agregue 1 cucharada de leche de coco y 1 cucharadita de aceite de canola.
3. Añadir el jalapeño mezclado con el gengibre, cocínelo por un minuto.
4. Agregue la col rizada; cocínela por 2 minutos.
5. Añadir la leche de coco restante y el azúcar; cubrir la mezcla por 4 minutos o hasta que todo esté bien cocinado.
6. Ponga el jugo del limón y un poco de sal al gusto.

Información Útil

- Hay varios tipos de col rizada. Trate la col rizada con hojas azul-verde, verde oscuro, o la que tiene hojas moradas. Trate de mezclarlas todas juntas. No las cocine demasiado y probará la diferencia.
- Intente agregar garbanzos o sus habichuelas favoritas a esta receta. ¡No olvide enjuagar las habichuelas enlatadas para reducir la sal antes de utilizarlas!

Source: Adapted From “Wilted Kale with Coconut, Ginger, and Lime” Cooking Light SEPTEMBER 2013 part of CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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