

**Haylie J. Pomroy, BS, WC**  
**Registered Wellness Consultant**  
**Nutritional Counseling**

Sautéed Kale

**Ingredients:**

1 ½ pounds kale, stems and leaves coarsely chopped

3 tablespoons olive oil

2 cloves garlic, finely sliced

½ cup organic vegetable broth

½ teaspoon of sesame seeds

Sea salt and pepper

2 tablespoons red wine vinegar

**Directions:**

Heat olive oil in a large saucepan over medium-high heat.

Add garlic and cook until soft, but not colored.

Raise heat to high,

add the broth and kale, toss to combine.

Cover and cook for 5 minutes.

Remove cover, stirring until all the liquid has evaporated.

Season with sea salt and pepper to taste

Sprinkle with sesame seeds

**9025 Wilshire Blvd #403**

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**Ph: 310-209-8262 \***

[www.hayliepomroy.com](http://www.hayliepomroy.com)

**Beverly Hills, CA 90211**

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**Ph: 310-288-2128 \***

[haylie\\_pomroy@yahoo.com](mailto:haylie_pomroy@yahoo.com)

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