



KALE WITH DELICATA SQUASH AND HAZELNUTS

Ingredients

2 bunches dinosaur kale, stemmed and cut in bite-size pieces
2 tablespoons extra-virgin olive oil
2 cloves garlic, minced
1/8 teaspoon red pepper flakes
1 medium delicata squash, seeded and flesh cut into bite-size pieces

Sea salt
Freshly squeezed lemon juice
1/4 teaspoon Grade A Dark Amber maple syrup
1/4 cup hazelnuts, toasted and chopped

Directions

Cover the kale with cold water and set aside. Heat the olive oil in a large, deep sauté pan over medium heat, then stir in the garlic and red pepper flakes and sauté for about 15 seconds, then immediately add the squash and a pinch of salt. Stir to combine. Let cook until the squash is caramelized and just tender, about 10 minutes.

Drain the kale and add it to the pan in batches along with 1/4 teaspoon salt. Sauté until the greens turn bright green and wilt, about 5 minutes. Test the greens for tenderness; you may need to add 1 tablespoon of water and continue cooking, covered for another 2 to 3 minutes. Drizzle on 1 tablespoon of lemon juice and the maple syrup and stir gently. Taste; you may want to add a pinch or two of salt and another squeeze of lemon. Garnish with the hazelnuts and serve immediately.

From *The Healthy Mind Cookbook*
by Rebecca Katz with Matt Edelson.



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