

BRAIN HEALTHY COOKING FOR ONE

*the aromatic*

## STEWED KALE AND TOMATOES

1/8 Red Onion, chopped  
1 Garlic Clove, minced  
1 TBSP Olive Oil  
1/4 LB Kale, chopped  
1 TBSP Red Wine Vinegar  
1/2 can Diced Italian Tomatoes  
1/8 CUP Raisins  
Spice of Life to taste  
Black Pepper to taste

1. Rinse kale and set aside in colander.
2. In large pot or Dutch oven, heat olive oil and sauté garlic and onions until soft, about 5 minutes.
3. Carefully add kale to pot (do not completely dry, leftover water on the leaves will help cook it down), a little at a time until it cooks down enough to fit.
4. Add vinegar to pot and continue to gently toss kale leaves until they start to wilt.
5. Once wilted down (still tender, but softer), season with a little Spice of Life and pepper, and add diced Italian tomatoes.
6. Add raisins, stir and cover, let simmer for 5-8 minutes over low to medium heat. Continue to check and stir kale for about 20 -25 minutes total until very tender and fragrant. Taste for seasoning.

