

# Thai-Inspired Kale

“ With its delicious flavor and impressive nutrition, kale is all the rage right now, and it’s no wonder. There are countless ways to prepare kale, but I find that it is complemented very nicely by the sweet and spicy flavors of Thai dishes. This makes a great winter side dish! ”

## Ingredients

- ❖ 1 bunch of kale, stems removed
- ❖ 2 Tbsp sesame or peanut oil
- ❖ 2 tsp crushed red peppers flakes
- ❖ ¼ cup canned coconut milk
- ❖ Chopped peanuts for garnish

## Directions

Heat the oil in a large skillet over medium-high heat. Add the kale and the pepper and sauté until the kale is tender and wilted.

Reduce heat to medium-low. Add the coconut milk and cook until thoroughly heated, stirring constantly.

Serve garnished with chopped peanuts.