

## Kale Recipe

1 bunch of kale, rinsed in water and cut away from the stems.

1 tablespoon olive oil

1 tablespoon red wine vinegar

½ tomato chopped fine

¼ teaspoon salt

Pepper to taste

¼ cup feta cheese, crumbled

2 tablespoons roasted, salted pumpkin seeds

Chop the kale in 1" pieces and steam for 15 – 20 minutes until it is tender. Remove from the stove and drain some more. Place in a bowl and add the rest of the ingredients and mix thoroughly. Toss a little more feta cheese on top and serve hot.

Serves 3