

Asparagus, Kale, And Pine Nut Sauté

Serves 6

Ingredients

- ¼ cup pine nuts
- 1 tablespoon sesame oil
- 1 pound asparagus spears, woody ends trimmed and cut into 1-inch pieces
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon water
- 2 cups torn kale, stems removed, torn into bite-size pieces, and lightly packed
- 2 tablespoons fresh basil, julienned or 1 teaspoon dried basil
- ½ teaspoon salt

Instructions

- 1 Heat a large skillet over medium heat. Add pine nuts. Cook 2-3 minutes or until lightly toasted, stirring occasionally. Transfer pine nuts to a bowl or plate.
- 2 Add sesame oil, asparagus, and onions to skillet. Cook until onions are soft and translucent, about 2-3 minutes. Add garlic, water, kale, basil, and salt. Stir well. Cook another 2-3 minutes or until asparagus is crisp tender (if skillet starts to get too dry, add another tablespoon of water). Sprinkle with pine nuts, and serve.

Notes

Yield: 6 servings (serving size: ½ cup)

Nutrition Facts

Calories per serving: 85

Carbohydrates: 5

Fat: 6

Protein: 3

Fiber: 2

Sugar: 1

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