

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Fried Rice with Kale and Scallions

From "My Father's Daughter" by Gwyneth Paltrow

- 1/2 lb kale (stems discarded)
- 1 1/2 Tbs vegetable or coconut oil
- 2 cloves garlic (peeled and very finely minced)
- 3 large scallions (cut into 1/8-inch diagonal slices)
- 2 1/2 cups cooked brown rice
- 1 Tbs plus 1 teaspoon soy sauce

Instructions

1. Cut the kale leaves in half lengthwise and then cut crosswise into very thin ribbons. Steam kale for 7 minutes.
2. Meanwhile, heat the oil in a large saucepan over medium-low heat. Add the garlic and cook, stirring, for 2 minutes, being careful not to brown the garlic. Raise the heat to medium and add the steamed kale and scallions. Cook for 2 minutes and then add the rice and cook for another 2 minutes, stirring.
3. Add the soy sauce and cook for 30 seconds more.