



trifit

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Colourful Kale

Kale is a nutritional powerhouse, rich in Vitamin K which helps regulate bone production. The walnuts add crunch and a healthy dose of omega-3 fatty acids, also shown to contribute to bone health.

INGREDIENTS

1 bunch kale, preferably organic
1 Tbsp (15mL) olive oil
¼ cup (65mL) onion, diced
1 Tbsp (15mL) garlic, chopped
1/3 cup (80mL) cranberries
¼ cup (65mL) walnuts, chopped
Salt and pepper to taste

DIRECTIONS

Chop kale and set aside.

In a pan, heat olive oil; add garlic and onion and sauté until browned. Add kale and stir until kale is slightly wilted. Do not overcook.

Remove from heat and sprinkle with cranberries and walnuts. Serve immediately.

Source: <http://saveourbones.com/the-leafy-green-vegetable-that-builds-your-bones/>

Nutrition info unavailable.