



Wilted Kale with Coconut and Lime

Ingredients

1 tablespoon +1/4 cup light coconut Milk
1 teaspoon Canola oil
1 seeded minced jalapeno
2 teaspoons mince ginger

8 cups kale stemmed and chopped
2 teaspoons lime juice
¼ cup water

Instructions

Heat a Dutch oven over medium-low heat. Add 1tbsp light coconut milk and canola oil. Add jalapeno and ginger, cook for 1 minute. Add kale, cook for 2 minutes. Add ¼ cup light coconut milk, water and sugar. Cover and cook for 4 minutes. Stir in lime juice and salt to taste.



Building a Healthy Boston
Mayor Martin J. Walsh

Eating too much salt can lead to high blood pressure, heart disease and stroke. Take control of your health. Read the label and look for the lowest sodium choice. You can find simple ways to reduce sodium at www.bphc.org/SwapTheSalt

Made possible by funding and support from the Centers for Disease Control and Prevention's REACH Obesity and Hypertension Demonstration Project.