

**OUR FAVORITE CANCER-FIGHTING RECIPES**

Sautéed Kale

Ingredients:

- 1 bunch kale, stems removed, leaves chopped
- 2 Tablespoons extra virgin olive oil
- 2 cloves (segments) garlic—finely chopped
- 1/4 cup water
- Salt & pepper to taste

Procedure:

- 1) Heat the olive oil in a large frying pan over medium-high heat.
- 2) Add the garlic and cook until the garlic is soft or browned. Stir frequently.
- 3) Keep the heat at medium-high, then add the kale leaves and water.
- 4) Cover the frying pan and cook for about 5 minutes. Stir occasionally. Do not overcook or the kale will get too mushy.
- 5) Remove the cover and cook until the kale is tender, but not overcooked.
- 6) Add salt and pepper to taste.

Serves: 4 servings

Nutritional content:

67 grams (or 2.4 oz.) of kale alone contains only 33 calories, but has 206% of the RDA for vitamin A, 134% of the RDA for vitamin C and 684% of the RDA for vitamin K, as well as lots of calcium and iron.