

**OUR FAVORITE CANCER-FIGHTING RECIPES**

Creamy Kale with Nutmeg  
(Revised)

Ingredients:

1 bunch kale, stems removed, leaves chopped. The stems or spines of the leaves are not edible.

1 teaspoon ground nutmeg

1 Tablespoon butter

1/4 cup Half & Half

Salt & pepper

Procedure:

- 1) Fill a 3-quart saucepan (or pot) with about 2 quarts of water. Bring the water to a boil on the stove.
- 2) Add the kale to the saucepan and cook for about 2-3 minutes to slightly soften it.
- 3) Transfer the kale to a colander (or sieve) with some tongs and let the water drain from the kale. (Be sure to have the colander over a bowl or another saucepan to catch the water.)
- 4) Melt the butter in a 10" skillet (or frying pan) over medium-high heat on the stove.
- 5) Add the kale to the skillet.
- 6) Lower the heat to medium, then sprinkle the ground nutmeg over the kale.
- 7) Pour the Half & Half over the kale.
- 8) Cover the skillet and cook for about 5-7 minutes. Stir occasionally. Do not overcook or the kale will get too mushy.
- 9) Add salt and pepper to taste. If you use salted butter, you may not want to add extra salt.

Serves: 2 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.