

Sesame-Roasted Kale

Not a fan of kale salads? Craving a crunchy flavourful snack? We think we've found a perfect solution!

Prep time: 5 minutes.
Cook time: 20 minutes.
Makes 4 servings.



Ingredients:

- 500g kale
- 2 tsp sesame seed oil
- 1 tbsp extra virgin olive oil
- 1 tbsp sesame seeds
- Salt and black pepper, to taste

Directions:

1. Preheat oven to 250°C.
2. Rinse kale under cold running water and dry the leaves well. Lightly massage the leaves, then cut out the centre stalks and slice remaining kale into 5cm slices.
3. Place the kale on a baking tray and drizzle the sesame and olive oil on top.
4. Sprinkle sesame seeds over kale, and lightly season with salt and black pepper.
5. Roast in the oven for 10 minutes. Flip over.
6. Roast remaining 10-15 minutes, until crisp on the edges.

Nutrition Information: Per serving - Calories: 105; Fat: 8 g; Cholesterol: 0 mg; Sodium: 33.9 mg; Total Carbohydrates: 1.9 g; Sugar: 1.6 g; Protein 4.9 g.

Source: Adapted from Jamie Oliver



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