

Asian Kale with Pineapple

Your plate of greens comes alive tonight with a variety of textures and flavor. The kale is cooked in an Asian-style sauce. This dish is a dark leafy greens stir-fry. Each serving of kale is loaded with fresh pineapple, snappy water chestnuts, Asian-style baked tofu and topped with crunchy, toasted slivered almonds. It's served over ever-versatile high-protein quinoa.

Diners will be happy!

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients before you start cooking. It's fun to cook when you have everything within reach.

Quinoa

1 C. uncooked Quinoa
and
2 C. Water

Garnish

juice from 1/2 of a lime
2 green onions (chopped)
3 T. slivered almonds (toasted)

Asian-Style Kale with Pineapple

1 tsp. canola oil
1 tsp. sesame oil
1 C. low-sodium veggie broth
1 tsp. low-sodium soy sauce
3 T. rice wine vinegar
2 cloves garlic (smashed and chopped)
2/3 C. medium yellow onion (coarsely chopped)
1 bunch Lacinato Kale (stems and leaves chopped separately)

1 T. cornstarch
mixed with
1/2 C. water

one 6 oz. can sliced water chestnuts (drained)
one 7 oz. package baked Asian-style tofu (broken into bite-sized pieces)
1-1/2 C. fresh or canned pineapple (chopped)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by cooking the quinoa. Place quinoa and water in a saucepan and bring to a boil. Turn off heat, cover, and leave on burner. Let stand until ready to dine.

Asian-style Kale with Pineapple

1. Bring oils, broth, soy sauce and vinegar to a boil in a large deep saucepan.
2. Add garlic, onion and chopped kale stems. Return to a boil and cook over medium-low heat for 12 minutes.
3. Thicken slightly with cornstarch mixture and cook an additional 5 minutes, stirring occasionally.
4. Add chopped kale leaves, sliced water chestnuts and broken tofu pieces to the kale and sauce. Return to a boil and cook over medium-low heat for 4 minutes.
5. Add chopped pineapple and return to a boil. Remove from burner.

Plate the Meal

1. Make a mound of about 2/3 C. cooked quinoa in the center of a each dinner plate.
2. Ladle 2 Cups greens mixture over and around the quinoa, leaving the top of the quinoa dome exposed.
3. Squeeze lime juice over each serving and top with chopped green onions and toasted almonds.

Call your diners to the table!

What I've Learned from this Recipe

As is often the case, the garnish will make a significant difference in the flavor and finish of this meal. The acidity of the lime juice brings the flavors forward, the sliced green onions provide a spark of freshness and the toasted almonds add umami and crunchy texture.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com