

Roasted Crunchy Kale Goodness: Restores Qi and Blood, Clears Stagnation and Detoxes

Organic kale is one of the most nutrient-dense plants out there. It is rich in minerals like calcium and potassium and vitamins A, B6, C and K, which is essential for blood-clotting. Western medicine has updated their nutritional stance such that people on blood thinners are advised to eat kale (and other dark, leafy greens). Not to gloat, but Eastern medicine knew that a very long time ago!

According to Eastern food wisdom, kale and other dark leafy greens help replenish Qi and Blood as well as helps to move stagnancy, which can manifest as headaches, depression or lethargy. Because of kale's restorative properties, it helps reduce pain and involuntary muscle movements such as spasms, tics and cramps. The fiber in leafy greens is critical for healthy modern living as it detoxes excess waste estrogen (a leading cause of breast cancer) and cleanses the body of harmful byproducts created by chronic stress. Please eat leafy greens daily!

Ingredients:

- 2 Bunches of curly kale, organic if possible
- 5 Tbsp of olive or avocado oil
- Your favorite seasoning such as Furikake, nutritional yeast, sea salt, etc.



Serving size: about 10 servings

Preparation time: 10 mins

Cooking time: 12 mins

1. Preheat oven to 350 degrees
2. Remove leaves from kale and tear into small-ish pieces, put into large mixing bowl
3. Add in oil and using tongs, toss and squeeze kale, making sure oil gets nicely distributed
4. Use 2 large baking sheets with parchment paper
5. OPTIONAL: cover baking sheets with parchment paper for easy cleaning
6. Pour in ½ of kale onto each baking sheet, spread flat with tongs
7. Put in oven for 12 minutes
8. Turn off heat, let kale continue to roast for anywhere between 10-20 minutes
9. Remove from oven, sprinkle on your favorite seasoning
10. Now you have plenty of crunchy kale to use as a topping or handy leftover as part of your breakfast bowl, lunch and dinner

Pro Tip: When making a breakfast bowl, fry a farm fresh egg or tofu slices and place on top of reheated veggies (such as sauteed cabbage and sweet and easy sugar snap peas), sprinkle some black sesame seeds for extra Blood-nourishment!