



# Cooking in the Kitchen at Olum's

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*Delicious Recipes  
that are Easy & Nutritious*  
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## Coconut Kale Sauté

Yields 4 Servings

### Ingredients:

- 1 tablespoon coconut oil
- 1 bunch of kale, chopped, trimmed and stems removed
- 1 medium sweet onion, diced
- 3 plum tomatoes, chopped
- ¼ cup coconut milk

### Directions:

1. Over medium heat in a skillet add coconut oil, onions, and tomatoes.  
Sauté until the vegetables are tender.
2. Add the chopped kale and stir allowing kale to cook down.
3. Add the coconut milk and stir until heated through.

*Serve with grilled chicken, steak, or pork.*