

KALE RICE

Shojin cooking around the world!



INGREDIENTS (SERVES 4)

- 2 Cups Rice
- 4 large leaves of Kale
- 1 Tbsp Sea salt



1. Cook rice.
Chop the leaves.
Chop as small as possible and wash the leaves.



2. Heat the skillet and put the chopped kale and
sprinkle the salt.



3. Sautee the kale, medium to high heat.
Drain the excess water from the kale if any.



4. Mix it with the hot rice. Serve.
Top with the walnuts if desired.



Cooked by Ms. Naoko Komagata Moller

Naoko is a member of Soto Mission of Hawaii, living in California. She is a creator of traditional Japanese Zen Buddhist cuisine with a hint of modern American cooking. Check her Homepage for more details.



For more information about shojin ryori,
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