



Amaranth with Kale, Oregano and Tomato Sauce

Makes 4 servings.

Ingredients:

1 cup amaranth seed
2 ½ cups water
1 Tbsp. olive oil
1 bunch kale, stemmed and roughly chopped
1 clove of garlic, minced
1 Tbsp. onion, minced
1 6-oz can peeled tomatoes, coarsely chopped
1 ½ tsp. basil
1 ½ tsp. oregano
½ cup crumbled feta cheese
Sea salt and pepper to taste (or use a salt substitute)

Procedure:

Add amaranth to boiling water; bring back to boil and reduce heat. Cover and simmer for 18-20 minutes. While the amaranth is cooking, heat oil in a skillet over medium heat and add the garlic and onion. Sweat for 2 to 3 minutes until they start to become translucent. Add tomatoes, basil, oregano and black pepper. Cook for an additional 2 minutes. Add the kale and once it starts to wilt turn off the heat. Once the amaranth has finished serve the tomato and kale mixture over the top. Sprinkle on crumbled feta.

