

# 11

## Fresh Kale, Spinach and Other Leafy Vegetables



### EQUIPMENT

- Sonic Steamer (NE-3280 or NE-2180)
- One full size high temp plastic 4" hotel pan with cover

### INGREDIENTS

- Fresh kale or other leafy vegetable \_\_\_\_\_ 3 Lbs.

### PROCEDURE

- 1 Place leafy vegetables in pan and cover.
- 2 Place pan in Sonic Steamer.
- 3 Press POWER once, using dial set time in the chart. Press START.

MODEL	POWER	TIME
NE-3280	HI	3 min.
NE-2180	HI	4 min.

- 4 Remove and serve.