



Garlicky Kale

Yield: 2-4servings

Ingredients

- ❖ 1 tablespoon olive oil
- ❖ 1 bunch of Lacinato kale, chopped into bite sized pieces
- ❖ 1 tablespoon garlic, minced

Procedure:

1. In a medium sized skillet, heat oil and saute kale for 3-4 minutes until mostly wilted.
2. Add garlic and mix well. Cook for an additional 2-3 minutes.
3. Season with salt and pepper.
4. Remove from heat and serve.