



Recipe for-

Family Friendly Recipe: Sautéed Kale with Garlic

Ingredients:

1 bunch of fresh kale
4-5 cloves of garlic, peeled & chopped
2 Tablespoons olive oil
Sprinkle of salt & pepper

Preparation steps:

Rinse the kale well under cool running water. Remove the entire stem portion of the leaf and discard the stem. Rinse the kale again to remove dirt or sand. Pat the kale leaves dry with a paper towel.

Cur the kale leaves into 2-inch pieces. Se aside.

Heat a large sauté pan on medium heat. Add 2 Tablespoons olive oil to the hot pan. Add garlic and cook 1 minute. Add the kale and sauté until wilted.

Serve as a side dish with a sprinkle of salt and pepper. Sprinkle with Parmesan cheese if desired. Kale is also delicious served on a sandwich with Roasted Red Pepper Hummus, and a fresh tomato! Yum!!!