

Sauteed Garlic Kale



6 servings

Prep Time: 5 min Cook Time: 10 min

6 c. bite-sized pieces fresh kale, washed

2 T. olive oil

1/2 t. crushed red pepper flakes, more or less

to taste

3 garlic cloves, sliced or minced (about 3 t.)

1 T. water

1/2 t. sea salt

1/2 t. freshly ground black pepper

Heat the olive oil in a large pan. Add garlic and cook for 2-3 minutes, stirring often, until softened. Add red pepper flakes and cook another minute, stirring often so the garlic doesn't burn.

Add the kale, water, salt and pepper. Mix well. Cover and cook about 5 minutes, or until kale is wilted and slightly softened. Serve immediately or cool and store in the refrigerator up to 5 days.

Nutrition Facts per serving

Calories 75 , Protein 3 g, Carbohydrate 6 g, Total Fat 5 g, Saturated Fat 1 g,
Fiber 3 g, Sugar 2 g, Sodium 221 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.