



Superfood Saute - Kale Extraordinaire

1. Gather the Ingredients

- 1 bunch of kale - any kind - chopped. Separate the stems from leaves.
- 3 cloves of garlic - peeled and sliced
- 2-4 TBS olive oil
- 1 tsp kosher salt
- 1/2 cup vegetable stock, white wine or water
- Pinch of red pepper flakes to taste (optional)
- Freshly ground pepper to taste

2. In large saute pan set over medium-high heat

- Add 2-4 TBSP olive oil.
- Add the kale stems and saute for 3 minutes. Add garlic and saute for 1 minute.
- Add kale leaves and turn the heat to high.
- Add the vegetable stock and toss the greens.
- Cover and cook for 4-5 minutes until it is soft and wilted.
- Remove cover and continue to cook, stirring occasionally until all liquid has evaporated (1-2 minutes)
- Season to taste with salt and peppers.
- Add vinegar and toss to combine.
- Serve and enjoy!

The story behind the recipe. My husband and I go to the farmer's market weekly and decided to try a new vegetable each week. He found this recipe in the NY Times. We tried every type of kale we found with this recipe and loved them all. I hope you do too.