



Garlic-Lemon Kale Sauté

SERVES: 12

PREP TIME: 20 min.

COOK TIME: 15 min.

Ingredients:

2 pounds kale, chopped

4 garlic cloves, minced

1 Tablespoon olive oil

½ teaspoon crushed red pepper flakes

1 Tablespoon lemon juice

¼ teaspoon salt

¼ teaspoon ground black pepper

Directions:

1. In a large skillet, heat oil over medium-high heat. Add kale and sauté for 4 to 6 minutes.
2. Add garlic and crushed red pepper. Cover and cook until liquid evaporates, about 1 to 3 minutes. Add lemon juice, salt, and black pepper and serve.

