

SAUTEED KALE



SERVING SIZE

4



INGREDIENTS

ITEM

Kale (Any Variety), Washed and
Roughly Chopped
Garlic Cloves, Thinly Sliced
Extra-virgin Olive Oil
Salt
Lemon

QUANTITY

1 Bunch
2 Large
½ Tbsp.
To Taste
½

ITEM

Crushed Red Pepper Flakes
Parmesan Cheese (for Maintenance
Only)

QUANTITY

1 Pinch



PREPARATION

- Heat the olive oil in a large skillet over medium heat. Add the thinly sliced garlic to the skillet.
- Sauté the garlic for about 1 minute or until it just begins to turn golden, being careful not to burn it.
- Add the chopped kale to the skillet with the garlic. Sauté the kale, stirring frequently, until it begins to wilt. This should take about 3-5 minutes.
- Season the kale with salt to taste and add a pinch of crushed red pepper flakes. Stir to distribute the seasonings evenly.
- Squeeze the juice of half a lemon over the kale, being careful to avoid any seeds. Stir the kale again to incorporate the lemon juice.
- Cook for an additional 1-2 minutes, allowing the flavors to meld.
- Enjoy!