

GARLICKY LEMON KALE



SERVING SIZE

2



INGREDIENTS

ITEM

QUANTITY

Kale
Olive Oil
Garlic Cloves, Peeled And
Sliced
Red Pepper Flakes

8 Cups
1 Tbsp.
3
Pinch

ITEM

QUANTITY

Chicken Broth, Veggie Broth, Or
Water
Fine Sea Salt
Lemon

½ Cup
¼ Tsp.
½



PREPARATION

- Heat olive oil in a large skillet over medium heat.
- Add garlic slices and red pepper flakes. Sauté for about 30 seconds, until fragrant.
- Add kale and toss to coat in the oil and garlic.
- Pour in broth (or water) and cover the skillet. Let the kale steam for 3-5 minutes, until tender but still bright green.
- Uncover and season with salt. Squeeze fresh lemon juice over the top.
- Toss well and serve warm.