

Kale With Caramelized Onions and Garlic

submitted by tylernoble



Per serving: 69 Calories • 8.2g Carbs (1.5g Fiber) • 3.8g Fat • 2.3g Protein

Ingredients

Ingredients scaled to: 4 serving

4 cup, chopped **Kale** (268 grams)

1 small **Onions** (70 grams)

4 cloves, minced **Garlic** (12 grams)

1 tbsp **Olive oil** (13.5 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Heat oil in large pan.
2. Add chopped onions and garlic.
3. Sauté until onions are clear and begin to caramelize. Stir often. Do not allow garlic to burn.
4. Add torn kale.
5. Toss with onions and garlic.
6. Cook until kale is wilted.
7. Sprinkle with a tiny bit of balsamic vinegar if desired.
8. (Thanks reviewers for reminding me of removing the stems!).