

Sautéed Kale

submitted by SophiaColon



Per serving: 71 Calories • 2.2g Carbs (0.6g Fiber) • 6.9g Fat • 0.9g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 cup, chopped **Kale** (67 grams)
- 2 tbsp **Olive oil** (27 grams)
- 3 clove **Garlic** (9 grams)
- 1 dash **Salt** (0.40 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Cut off the thick stems of the kale and discard. Clean and dry the kale.
2. Heat 2 tbsp olive oil in a large skillet on medium-high heat. Add the garlic and sauté for about 1 minute or until the garlic is just beginning to brown and become fragrant.
3. Add the kale to the pan, packing it down a bit if you need to with your hand. Use a spatula to turn the kale and evenly coat it with the oil. Cover the pan and cook until kale has wilted and is tender.
4. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.