

Sautéed Kale

By: DairyFreeGina

Dairy Free

Vegan

Gluten Free

An easy to make and healthy for you side dish



1. Wash 2 cups Kale and chop into bite sized pieces. Or buy a bag of prewashed, chopped Kale (I like the Organic Tuscan Kale from Trader Joe's)
2. Put Kale into a skillet with $\frac{1}{4}$ cup water, cover and steam on low heat until tender. Drain any remaining water. Remove Kale and set aside.
3. Add 1 Tablespoon Extra Virgin Olive Oil and 1 clove chopped garlic to skillet. Sauté until garlic is golden. Add kale back skillet and toss with olive oil and garlic. Season with black pepper and red pepper flakes.