

# Sautéed Kale

Servings: 4 | Prep/cook time: 15 minutes

## Ingredients:

- 1 bunch kale, chopped and stemmed
- 2 tsp. olive oil
- 2 garlic cloves, chopped
- Lemon wedge
- Salt and pepper to taste



## Directions:

1. In a large skillet, heat oil over medium heat. Add kale, garlic, salt and pepper. Sauté and toss until kale has wilted down, approximate 3 to 5 minutes.
2. Turn off heat, squeeze lemon juice over kale, and toss. Season to taste and serve.

