



# RECIPES

## Sautéed Kale

### INGREDIENTS:

- 1 1/2 pounds young kale, stems and leaves coarsely chopped
- 3 tablespoons olive oil
- 2 cloves garlic, finely sliced
- 1/2 cup vegetable stock or water
- Salt and pepper
- 2 tablespoons red wine vinegar

### INSTRUCTIONS:

1. Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine.
2. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Makes 4 servings

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