

Sautéed Kale by Bobby Flay

Serves: 4 servings



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

Directions

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

Per serving: Calories: 178; Total Fat: 11 grams; Saturated Fat: 1.5 grams; Protein: 6 grams; Total carbohydrates: 18 grams; Sugar: 0 grams Fiber: 3.5 grams; Cholesterol: 0 milligrams; Sodium: 336 milligrams