

Sautéed Kale with Olive Oil

2 bunches kale

3 T. olive oil

3 cloves garlic, peeled and minced

sea salt and freshly ground black pepper

Wash kale well and cut off thick stems. Cut or tear leaves into large 4-inch pieces. Set aside to drain. In a large sauté pan, heat oil on medium heat and add garlic. Slowly toast the garlic until golden and crispy. Add kale in batches, adding more as it wilts. Cook kale until tender, constantly turning to wilt all leaves (4-5 minutes). Season with salt and pepper and serve hot.