

KALE WITH LEMON AND GARLIC

INGREDIENTS

1 to 2 bunches kale
a few cloves garlic, minced
olive oil
juice of 1 lemon
salt to taste

METHOD

Wash kale leaves and remove stems. (You can do this by gripping the stem at the bottom of the leaf with one hand, and sliding your other hand up the stem, pulling the leaf off as you go.) Stack kale leaves up and slice or chop into thin strips or pieces.

Put 3 or 4 tablespoons of olive oil in a large pot over medium high heat. When the oil is hot, add greens with tongs, turning quickly to coat with oil. (This keeps them from discoloring while they cook.) Add minced garlic and mix well with the tongs.

If the pot is dry, add a little water to prevent it from sticking. Cover, and cook until the kale is tender. (The amount of time this takes will vary depending on how tough the kale is. Also, some people like it softer, some like it a little chewier. Be sure to check it every few minutes to make sure it is not sticking or burning.)

When the kale is as tender as you like it, add lemon juice and a sprinkle of salt to taste.