



Simply Sauteed Kale

What you'll need:

- 1 pound kale, stems removed, and leaves sliced 1" wide
- 1 ½ Tbsp extra virgin olive oil
- 1 large shallot, thinly sliced
- 1 clove garlic, finely chopped
- ½ C vegetable stock
- Sea salt

What you'll do with it:

- Remove Wash kale well and drain, but do not dry.
- Heat a large skillet over medium heat, add olive oil, and sauté shallot and garlic for 2 minutes.
- Add kale and stock, a pinch of salt and cover, cooking for 5 minutes, or until kale is tender.
- Season to taste and serve.

Cellar 46

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