

Sautéed Kale with Garlic and Dates

Vegetarian, Serves 2, easy, 10 minutes to prep, 20 minutes to cook

2 Tbs. extra virgin olive oil
2 garlic cloves, minced
1 bunch kale, tough ribs removed, chopped
1/3 cup slivered pitted dates
1 tsp. sherry vinegar
Salt and pepper to taste

Heat oil and garlic in skillet over medium heat 6 to 8 minutes, or until garlic starts to brown, stirring occasionally. Spread garlic on plate in single layer.

Heat oil in a skillet over medium heat add a few handfuls of kale to pan, and stir until it wilts. Add remaining kale a few handfuls at a time; sauté 5 minutes, or until tender, stirring occasionally.

Transfer kale to colander to drain, pressing to remove excess liquid. Return kale to pan, and stir in garlic, dates and vinegar. Heat 2 to 3 minutes, or until heated through and garlic is fragrant. Season with salt and pepper to taste.