**INGREDIENTS**

- 1 bunch kale (5-6 large leaves)
- 1 Tablespoon olive oil (or oil of choice)
- ¼ Tablespoon soy sauce or a pinch of salt
- ¼ cup water

**DIRECTIONS**

1. Heat oil in a large sauté pan over medium heat. Add greens and toss with tongs for 1-2 minutes. Add ¼ cup water and soy sauce or salt. Cover the pan and reduce the heat to simmer.

2. Cook for approximately 3-4 more minutes, until kale is tender. Kale tenderness varies depending on variety and thickness of the leaves.

   **Optional**

   Use Swiss chard or collard greens instead of kale. Add 1 cup sliced washed leeks and cook along with the kale. Add fresh or dried ginger. Use sesame oil or coconut oil.

**NOTES**