

# Braised Kale

## INGREDIENTS

- ~ 1 bunch kale  
(5-6 large leaves)
- ~ 1 Tablespoon olive oil  
(or oil of choice)
- ~ ½ 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 a 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

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