



Make Healthy Happen One Meal at a Time

Sautéed Kale and Garlic

- 1 bunch kale
- 1-2 cloves garlic
- 1 tablespoon of vegetable oil such as olive oil

Directions:

1. Remove kale from stalk.
2. Wash kale thoroughly
3. Heat oil in large skillet
4. Brown garlic and add kale
5. Sautee until tender (approximately 5 minutes)
6. Serve hot.

Nutrition Facts:

Servings: 5

Serving Size: ½ cup

Amount per Serving:

Calories: 34 Fat: 3 grams Total Carbohydrate: 4 grams Protein: 2 grams Sodium: 15 grams

Note: More nutritious than ice berg lettuce and at just 33 calories, one cup of raw kale has: Almost 3 grams of protein; 2.5 grams of fiber (which helps manage blood sugar and makes you feel full); Vitamins A, C, and K; Folate, a B vitamin that's key for brain development; Alpha-linolenic acid, an omega-3 fatty acid (a heart healthy fat)

Other Healthy Options using Kale:

1. Make a Kale Salad with olive oil (or vegetable oil of choice) and lemon juice.
2. Make a Kale/Romaine Salad with olive oil (or vegetable oil of choice) and lemon juice.
3. Use kale as part of the greens for tossed salad
4. Steam kale as a vegetable. Serve with vinegar if desired.