

## Kale with Lemon Juice



This recipe makes Kale taste fabulous. The pan wilting with the olive oil along with the acidity of the lemon juice brings out a flavor in the kale that we are not used to, it really is good.

### Ingredients

1 bunch of Kale large stems removed. Chopped into bit size pieces.  
2 cloves of Garlic roughly chopped  
2 tablespoons of Extra Virgin Olive Oil  
1 teaspoon of Sea Salt  
1 Lemon

### Instructions

Chop the Kale removing the large base stems.  
Add Olive oil and garlic to a skillet on medium heat.  
Add Kale in bunches, as it simmers it will reduce in volume and you can add more.  
Approximately 8 - 10 minutes of cooking time the Kale will be a bright green color and the volume will reduce in half.  
Season with salt.  
Squeeze lemon right at the end of cooking and serve.