

Kale

11/22/2015

- 4 C Chopped Kale
- 1/2 C Olive Oil
- 2 T Parsley
- 3 Shallots
- Salt
- Freshly Ground Black Pepper
- up to 4 C Water or Chicken Stock (Optional)

Portion Size: 1/2 Cup

Yield: 8 Portions

Equipment:

- Cutting Board
- Chef's Knife
- Large Saute Pan

Directions:

- Chop kale into medium sized pieces after removing the large stem.
- Cut the parsley and shallots as small as possible.
- In a very hot sauté pan, add the shallots and cook until translucent.
- Add the kale, and cook until its wilted and starting to brown.
- Add enough water or stock just to cover and cook until the it is all evaporated.
- Serve immediately.

Time / Temperature :

10 minutes