

Sautéed Fresh Kale



TIPS:

1. This quick & easy-to-make recipe combines the rich flavor and nutrition of fresh kale with pungent garlic and garlic scapes (garlic bulb flower stalks) along with a little sea salt and dash of crushed red pepper flakes.

2. **Kale Nutrition:** Kale rates highest along with collard, turnip, and mustard greens, Swiss chard, and upland watercress with a score of 1000 on the Aggregated Nutrient Density Index (ANDI), which scores foods from 1-1000 based on their nutrient to calorie ratio. Kale is particularly rich in **vitamin K** (promotes healthy blood, bones, and more), **vitamin A** (promotes healthy eyes, teeth, immune system, and

more) and **vitamin C** (promotes healthy bones, connective tissue, immune system, and more). Of note, vitamins K and A are both oil/fat soluble, which means kale is best eaten along with some oil or (healthy) fat (for example, a shot of olive oil or oil-based salad dressing).

Preparation Time: 5-7 minutes

Total Cooking Time: 5-7 minutes

Ingredients

(for 2-4 as a side dish)

1 Bunch Fresh Kale

1 Fresh Garlic Scape (can be substituted with 2-3 green onions/scallions)

1 Garlic Clove (use 2-3 garlic cloves if you don't have garlic scapes or green onions/scallions)

1 Teaspoon Salt

1/2 Cup (4 Ounces) Water

Shot of Olive Oil

Dash of Crushed Red Pepper Flakes



Equipment

Salad Spinner (or Colander)
Measuring Cup
Large Frying Pan with Top
Large Sharp (Chef's) Knife
Cutting Board
Tongs
Bowl



1. Cut the **kale leaves** from the **kale ribs (stems)**, pile the trimmed **kale leaves** one over the other on a cutting board, then cut the **leaves** into cross section strips $\frac{3}{4}$ - 1 inch (20 - 25 mm) wide.



(You can do the same with the **leaves** in a colander as shown in the right inset photo below.)



Lift the spinner basket and **CHECK THE SPINNER TUB FOR DIRT** (if there's a lot of dirt in the tub, repeat the fill with water, swish clean and draining steps shown above until the water is clean - all to prevent crunching on dirt when you eat the cooked kale).



Spin the **kale** dry (or squeeze it dry if you're using a colander).

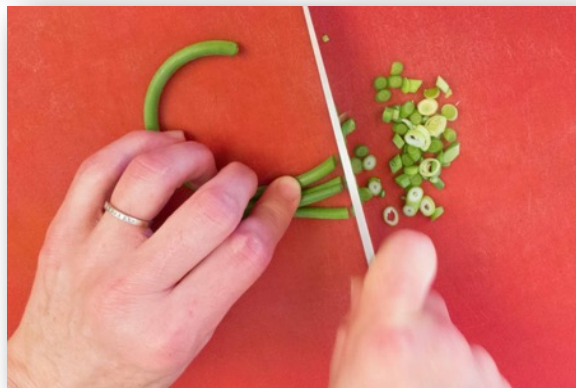


2. Put the frying pan on the stove, and turn on the burner to MEDIUM heat.

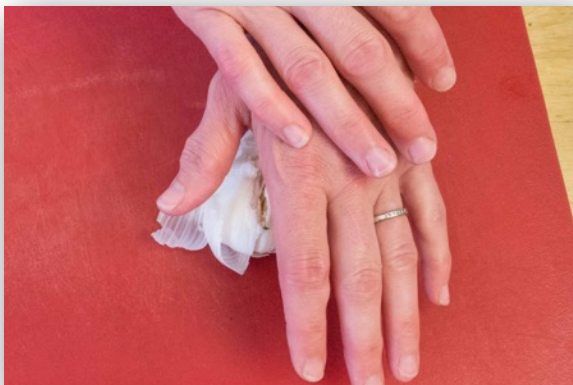


3. While the pan warms, give the **garlic scapes** (or green onions/scallions) a hand scrubbing clean with cold tap water. Then cut the **scapes** into manageable strips, bunch those strips together and cut them into cross section

pieces about 1/4 inch (6 mm) wide. (If you're using **green onions/scallions**, first cut off the root end, then cut those **green onions/scallions** into cross section pieces about 1/4 inch wide.)



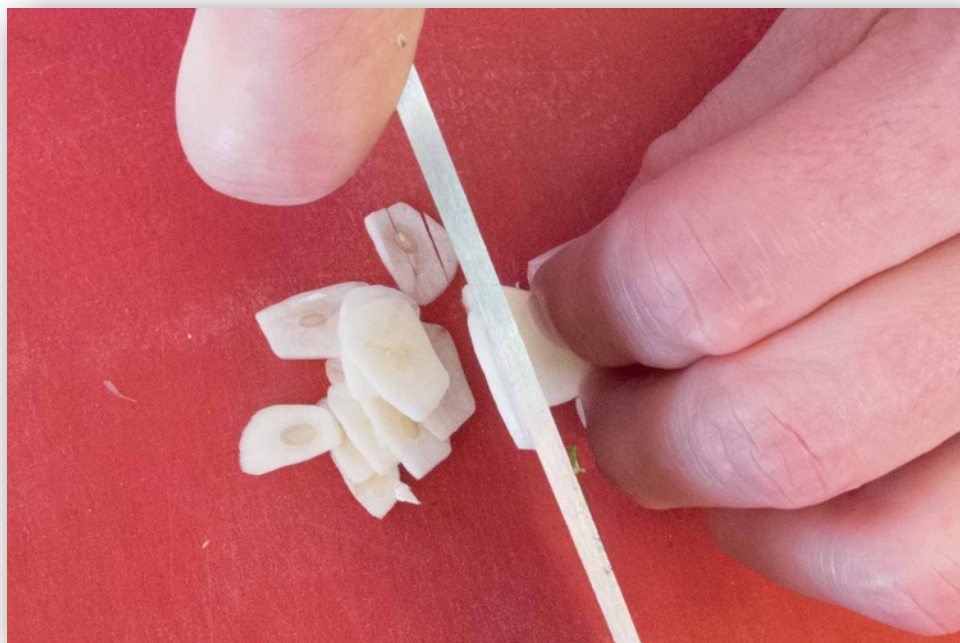
4. Crush a **garlic bulb** with the heel of your hand and pull **1 garlic clove** from the **garlic bulb**.



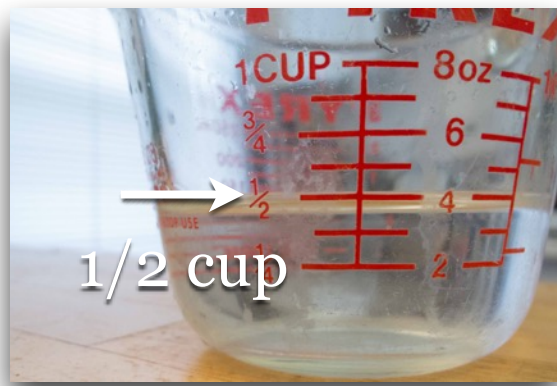
Cover the **garlic clove** with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open. Then peel off the **garlic skin**.



Hold the **garlic cloves** securely to the cutting board with curled fingers, and let the side of the knife blade touch and glide along your curled knuckles as you cut the **garlic** into thin slices about 1/8 inch (3 mm) wide.



5. Measure **1/2 cup (4 ounces) cold water.**



6. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface. The water should sizzle and evaporate. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the stove heat setting on the burner you originally used, and heat the pan again. If the water doesn't sizzle, keep warming the pan until the water sizzles on contact.)



7. When the pan is properly warmed, add about as much **olive oil** as shown. Then add the **sliced garlic scapes** and **chopped garlic** and **cut kale leaves**.



8. Cover the pan with the pan top and cook for about 1 minute.



Then use tongs to turn the **kale leaves** in the pan, pour in the measured **1/2 cup of water**,...



...cover the pan, turn the stove heat down to low and cook for another minute.



9. After 1 minute, add and mix in about **1 teaspoon salt** and a **shake of crushed red pepper flakes**.



10. Scoop the **finished sautéed kale** into a bowl or onto serving plates - and enjoy!



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