



Italian Kale

Submitted by: [dwieberg](#) Photo by: [Ladyjaypee](#)

“This is an old Italian family favorite for kale.”

PREP TIME: 5 Min

COOK TIME: 15 Min

READY IN: 20 Min

SERVINGS & SCALING

Original recipe yield: 4 side dish servings

INGREDIENTS:

1 bunch kale, stems removed and leaves coarsely chopped

1 clove garlic, minced

1 tablespoon olive oil

2 tablespoons balsamic vinegar

Salt and ground black pepper to taste

DIRECTIONS:

Cook the kale in a large, covered saucepan over medium-high heat until the leaves wilt. Once the volume of the kale is reduced by half, uncover and stir in the garlic, olive oil and vinegar. Cook while stirring for 2 more minutes. Add salt and pepper to taste.