

“Creamed” Curly Green Kale



Ingredients:

2 tbsp. olive oil

1/2 sweet onion, sliced thin

2-3 cloves garlic, sliced thin

Sea salt & cracked black pepper to taste

1/2 tsp. red pepper flakes or to taste

4-5 cups kale, rinsed, stems removed, chop

1 cup heavy cream

1 tbsp unsalted butter

1-2 tbsp grated parmesan

Method: in a large sauté pan over medium high heat add oil and onions. Cook 3-4 minutes then add garlic, red pepper flakes and season to taste. Cook 3-5 minutes. Add chopped kale to the pan and cook 3-5 minutes or until all the kale has wilted down. Add heavy cream and simmer 5-10 minutes or until kale is nice and tender. Add butter. mix in the grated parmesan cheese and serve .