

# Simply Sauteed Kale with Bacon Salt

Thoroughly (triple wash) and stem kale.

1/2 onion chopped

3 cloves of garlic

1 tsp cooking oil (olive oil or if you have rendered bacon fat, use that)

Sauté ingredients until onions are soft

Turn stove top to medium low.

Add greens, cover and let sit for three to four minutes. Uncover and stir. Cover and continue to cook for 10-15 minutes, stirring occasionally.

Remove from heat and add 1-2 tsp of bacon salt, stir and serve.