



## GARLIC KALE WITH APPLE VINEGAR

1 LARGE BUNCH OF KALE, ABOUT 10 OUNCES, WASHED AND TORN INTO SMALL PIECES WITH STEMS REMOVED

1 TABLESPOON OLIVE OIL

2 CLOVES GARLIC CHOPPED

1 LEMON JUICED

2 TABLESPOONS HENGSTENBERG APPLE VINEGAR

SALT AND PEPPER AS NEEDED

1. HEAT OIL ON MEDIUM IN A LARGE CASK IRON SKILLET. ADD GARLIC AND SAUTE 2 MINUTES UNTIL FRAGRANT. ADD KALE AND LOWER HEAT TO MEDIUM-LOW. POUR LEMON JUICE AND VINEGAR OVER KALE AND TOSS.
2. ALLOW KALE TO COOK FOR 4-5 MINUTES UNTIL WILTED. SERVE WARM WITH EXTRA VINEGAR IF DESIRED.
3. SEASON WITH SALT AND PEPPER.

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