

Sautéed kale (gluten free)

Search:

- [Vegetables](#)
- [Recipes](#)

Sautéed kale (gluten free)

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Sautéed kale (gluten free)



Rate this recipe

3 people are cooking this [Count me in](#)

Sautéed kale seasoned with a blast of sherry vinegar is a deluxe combination.

Ingredients (serves 4)

- 1 tbsp plus 1 tsp extra-virgin olive oil, divided
- 700 g kale, ribs removed, coarsely chopped (see Tip)
- ½ cup water
- 2 cloves garlic, minced
- ¼ tsp crushed red pepper
- 2 - 3 tsp sherry vinegar or red-wine vinegar
- Salt, to taste

Method

Heat one tablespoon oil in a casserole dish over medium heat. Add kale and cook, tossing with two large spoons, until bright green, about one minute.

Add water, reduce heat to medium-low, cover and cook, stirring occasionally, until the kale is tender, 12 to 15 minutes.

Push kale to one side, add the remaining one teaspoon oil to the empty side and cook garlic and crushed red pepper in it until fragrant, 30 seconds to one minute.

Sautéed kale (gluten free)

Remove from the heat and toss together. Stir in vinegar to taste and salt.

Recipe Tip: When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it – allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```