

Addictive Sautéed Kale



Author: Brenna, Certified H.H.P. from Optimized Health Team

Prep & Cooking time: 15 minutes

Servings: 1

Ingredients:

- 1 Tablespoon Organic Coconut Oil, refined
- 1/2 large head Organic kale (curly kale)
- 1 Tablespoon Spring/Filtered Water
- 1 Tablespoons Gluten Free Organic Tamari
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Tablespoon Nutritional Yeast
- Dash Black pepper, to taste
- Dash Pink Himalayan Sea Salt, to taste

Instructions

1. Rinse your head of kale well under cold water. Pat dry.

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2. On a large cutting board, cut 1/2 your head of kale's leaves into bite sized pieces (I prefer to remove the stems). Put cut-up kale in a separate bowl and set aside.
3. Over medium heat, melt refined coconut oil.
4. Add your whole bowl of chopped kale and the Tablespoon of spring water to the large skillet. Steam over medium heat for about 5 minutes or until the kale begins to wilt.
5. Add Tamari, Nutritional Yeast, black pepper and a dash of salt (to taste) to the steamed kale. Drizzle a generous amount of Olive Oil over everything and mix well with a large spoon.
6. Serve immediately! Enjoy!